

K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF LIBERAL ARTS

NEWSLETTER JULY- SEPTEMBER 2025

Perspective



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MESSAGE FROM THE LEADERSHIP



Dear Students,

The university years are a formative phase- one that invites you to think deeply, act responsibly, and grow with purpose. As you navigate academic demands and personal ambitions, there will be moments of uncertainty, but these moments often become the most valuable teachers. They help cultivate resilience, self-awareness, and confidence for the road ahead.

Engage fully with your learning, remain open to questioning, and allow yourself the space to evolve. Growth is rarely linear, and progress is measured not by perfection, but by commitment and perseverance. Maintain balance, seek constructive influences, and remember that self-belief is built through sustained effort.

The university remains committed to supporting you throughout your time at the university. Your journey is significant, your efforts are recognised, and your aspirations matter. Move forward with clarity, determination, and confidence!

Best!

Abhishek Gupta

Pro Chancellor

K.R. Mangalam University

MESSAGE FROM THE DEAN



Dear Learners,

At the School of Liberal Arts, education is a guided journey grounded in intellectual rigor, thoughtful mentorship, and sustained engagement with ideas and society. Aligned with the vision of the National Education Policy, our academic approach encourages interdisciplinary learning, ethical reflection, and an epistemic curiosity that enables students to question, connect, and create meaning in a rapidly evolving world.

Whether you are beginning your academic journey or preparing to transition beyond the university, SOLA is committed to shaping reflective thinkers, articulate communicators, and socially responsible individuals. Through faculty mentoring, dialogue-driven classrooms, and experiential learning opportunities, we aim to make education both transformative and enduring.

I encourage you to engage deeply, think critically, and move forward with confidence, clarity, and purpose.

With best wishes!

Shравan Kumar

Editor-in-Chief, Perspective

Dean, School of Liberal Arts

FROM THE DESK OF IQAC COORDINATOR



Dear Readers,

I am delighted to share my warm greetings on the release of the July- September 2025 edition of the quarterly Humanities newsletter. This issue captures the academic dynamism, creative expression, and intellectual curiosity that characterise the School of Humanities, while also reflecting our continued commitment to quality enhancement and academic excellence.

At the Internal Quality Assurance Cell (IQAC), we remain dedicated to nurturing a culture of excellence through structured and sustained initiatives that strengthen teaching-learning processes, research engagement, and community involvement. The contributions showcased in this edition—ranging from faculty achievements to student initiatives and social outreach—represent our shared pursuit of holistic and inclusive development.

I extend my sincere appreciation to the editorial team, contributors, and the School leadership for their concerted efforts in bringing out this enriching publication. I encourage our readers to continue engaging meaningfully with knowledge, guided by the values of integrity, empathy, and innovation.

Warm regards,

Dr. Shikha Dutt Sharma

IQAC Coordinator, KRMU

Editor, Perspective

EDITORIAL

This edition of the SOLA Newsletter offers a concise view of how academic life at the School of Liberal Arts translates into tangible learning experiences and future readiness. The pieces brought together here reflect an environment that prioritizes intellectual rigour, clarity of expression, and meaningful academic exposure.

Across programmes and initiatives, SOLA emphasizes broad-based learning, sustained engagement with ideas, and early opportunities for research, dialogue, and public-facing work. Students develop strong foundations in analysis, communication, and problem-solving, capabilities that support progression into postgraduate study, diverse professional domains, and roles requiring adaptability and independent thinking.

At the same time, this newsletter serves as a record of the academic momentum being built within the School, through faculty initiatives, student and faculty achievements, as well as curricular practices that align education with evolving social and professional contexts.

We hope this issue provides a clear and useful understanding of what a SOLA education offers and how it prepares learners to navigate academic choices and career pathways with confidence and purpose.

Warm regards!

Editorial Board

Editor-in-Chief

Prof. (Dr.) Shravan Kumar-Dean, School of Liberal Arts

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Dr. Jyotshan Tyagi, Assistant Professor (Psychology), School of Liberal Arts

Mr Aditya, B.A. (Hons.), Psychology, Semester I Editorial Board

SCHOOL VISION AND MISSION

Vision

To attain international recognition as a high-quality multidisciplinary learning that nurtures ethical, reflective and socially engaged individuals capable of addressing complex global challenges.

Mission

- To foster a learner-centric and multidisciplinary environment that integrates humanities, social sciences and creative disciplines to develop well-rounded individuals.
- To instil innovative pedagogies and diverse course pathways that promote intellectual curiosity, civic engagement and lifelong learning.
- To advance ethical reasoning, cultural awareness and a global perspective through a dynamic and inclusive curriculum.
- To cultivate experiential and applied learning that empowers students to engage with real-world challenges through innovation, collaboration and sustained academic growth.
- To provide opportunities for holistic development through research engagement, creative practices, internships and community-based learning for impactful societal contribution.

Core Values

- Respect
- Positivity
- Innovation
- Commitment
- Excellence



IN SPOTLIGHT: FEATURED ARTICLES

BEYOND THE RESULT: MANAGING STRESS, EMBRACING FAILURE, AND HANDLING SUCCESS WITH BALANCE



By: Ms. Ojasvi Dixit
Assistant Professor, Economics

Examination results often arrive wrapped in strong emotions. For some students, they bring relief, pride, and celebration while for others, disappointment, self-doubt, or anxiety. In a competitive academic environment, results are frequently seen as a measure of worth, capability, or future potential. However, learning to manage stress after results whether one succeeds or falls short, is an essential life skill that goes far beyond the classroom.

Coping with Stress after Exam Results

The period immediately following exam results can be mentally overwhelming. Stress may arise from self-comparison, parental expectations, peer pressure, or uncertainty about the future. It is important to pause and acknowledge that stress is a natural response to evaluation. Suppressing emotions often worsens anxiety, while accepting them allows clarity and healing.

Simple practices can help regulate stress during this phase. Maintaining a routine, engaging in physical activity, ensuring adequate sleep, and limiting excessive social media exposure are effective first steps. Talking openly with trusted friends, mentors, or family members helps put results into perspective. Universities also play a crucial role by encouraging counselling support and creating safe spaces where students can express concerns without fear of judgment.

Dealing with Failure: A Lesson, Not a Label

Failure, though difficult, is one of the most powerful teachers in life. Unfortunately, academic setbacks are often perceived as permanent labels rather than temporary experiences. A poor result does not define intelligence, character, or future

success. History is filled with individuals who faced repeated failures before achieving meaningful accomplishments.

When dealing with failure, reflection is more productive than self-blame. Students should ask constructive questions like : What worked? What did not? Were there gaps in preparation, time management, or understanding? Such reflection transforms failure into feedback. It is also important to remember that learning is not linear; growth often involves setbacks.

Equally important is self-compassion. Being kind to oneself during moments of disappointment builds emotional resilience. Seeking guidance from teachers, academic advisors, or peers can help redesign strategies and restore confidence. Failure should be viewed not as an endpoint, but as a redirection towards refined goals.

Handling Success with Humility and Balance

Success, while rewarding, comes with its own challenges. High achievement can create pressure to constantly outperform oneself or maintain unrealistic standards. In some cases, success may lead to fear of failure, comparison with others, or complacency.

Handling success responsibly involves gratitude, humility, and balance. Acknowledging the effort behind achievement—both one's own and that of teachers, peers, and family—keeps success grounded. Celebrating milestones is important, but it should not lead to defining one's identity solely by grades or ranks.

True success lies in continuous learning. Students who handle success well remain curious, open to feedback, and aware that growth never stops. They use success as motivation rather than a finish line.

Redefining Success and Failure

At its core, education is not just about marksheets but about developing critical thinking, resilience, adaptability, and emotional intelligence. Exam results capture performance at a particular moment in time. What we forget is that they do not capture creativity, leadership, kindness, or perseverance.

Universities must encourage students to redefine success as progress rather than perfection, and failure as experience rather than defeat. When students learn to navigate both outcomes with maturity, they are better prepared for the uncertainties of professional and personal life.

IN SPOTLIGHT: FEATURED ARTICLES

GRIEF IS NOT A COLLAPSE. IT IS A RECONSTRUCTION.



Ms. Manasvi Bhardwaj
(B.A Psychology (H) with Research,
Semester2)

Grief is often described as an emotion, but it is far more than that. It reshapes the inner structure of life, creating a clear “before” and “after.” Presence once felt permanent, and then absence reveals how fragile that permanence truly was.

The shift is rarely dramatic. It is quiet and procedural phone calls, rituals, gatherings, and then people return to their

lives. What remains is an unfamiliar stillness. Psychology often explains grief through stages such as denial, anger, bargaining, depression, and acceptance. While useful, these models can suggest grief is linear. In reality, grief loops and returns unexpectedly. A scent, a phrase, or a moment in the day can suddenly reopen loss.

Modern perspectives like the continuing bonds theory suggest healing does not require detachment. Instead, adaptation often involves carrying an internal connection with the deceased. Memory becomes an ongoing relationship rather than a closed chapter. Grief also affects cognition. Time feels distorted, attention shifts, and ordinary tasks become heavier. Research shows the brain continues to “search” for the lost person, explaining the instinct to reach for a phone or expect a voice that will not return.

Loss also changes identity. We are relational beings, and certain roles exist only because someone else does. When they are gone, something within us shifts. Society encourages suppression “be strong,” “move on” but avoidance prolongs pain. Grief is not about erasing sorrow, but learning to coexist with it while continuing life. Love does not disappear with absence; it transforms into memory and meaning. Over time, the sharpness softens. You do not move on from grief you move forward, carrying it.

SCHOOL EVENT CHRONICLES

DEEKSHARAMBH 2025 – STUDENT INDUCTION PROGRAMME 25–29 AUGUST 2025

Deeksharambh 2025, the orientation programme of the School of Liberal Arts, was held from 25–29 August to welcome new students and introduce them to university life. The programme familiarised students with the academic structure, faculty, examination system, and campus opportunities. Sessions on professional ethics, student support systems, inclusivity, and emotional well-being helped students understand university values.

Students also explored academic resources through a library visit, gained exposure to digital learning platforms, wellness initiatives, and career guidance through alumni and Career Development Cell interactions. A screening of *English Vinglish* encouraged reflection on confidence and personal growth. Overall, Deeksharambh 2025 provided a meaningful introduction to academic life and future career readiness.



Faculty guiding and welcoming new students during the orientation session.



Students engaged in the orientation session led by teachers

INTRA-UNIVERSITY COMPETITION ON PSYCH TALK (TEDX-STYLE) 12TH SEPTEMBER 2025

On Friday, 12th September 2025, the School of Liberal Arts, K.R. Mangalam University organized an intra-university TEDx-style competition titled “Psych Talk” in the Multipurpose Hall, A Block. The offline event, aligned with SDG 3: Good Health and Well-being, witnessed participation from 15 students and was attended by around 50 participants. The competition aimed to promote awareness about mental health, encourage open discussions on psychological well-being, and enhance students’ public speaking and empathy skills. Participants delivered engaging talks on themes

such as digital well-being, social media psychology, suicide prevention, breaking stigma, and resilience. The event was judged by Dr. Chandra Mohan, Dr. Neeraj Kumari, and Prof. (Dr.) Renu Verma. After evaluation, Aakriti Bansal won the first prize, followed by Hashpreet Kaur and Prachi securing second and third positions respectively. The event concluded with certificate distribution and a vote of thanks, making it a meaningful platform for mental health advocacy and student development



Students sharing insights and reflecting on mental health during a 'Psyche Talk' session.



Celebrating excellence: Students receive awards for their participation and achievements

CAPACITY DEVELOPMENT PROGRAMME ON SOFT SKILLS 29TH SEPTEMBER TO 6TH OCTOBER, 2025

From September 29 to October 6, 2025, the School of Liberal Arts at K.R. Mangalam University organized a Capacity Development Programme for undergraduate students. The initiative focused on enhancing interpersonal skills and professional growth in alignment with Good Health and Well-being and Gender Equality.

The week-long programme featured expert-led sessions on communication skills, emotional intelligence, and career readiness, including interview preparation and

public speaking. A practical résumé-building workshop helped students connect academic learning with workplace expectations.

Overall, the programme benefited students by building confidence, self-awareness, emotional regulation, and essential employability skills, preparing them for future professional success and responsible societal engagement.



Faculty members lead interactive sessions on essential soft skills, while students actively engage in hands-on activities during the Capacity Development Programme

WORKSHOP ON EFFECTIVE TEACHING METHODS USING ICT TOOLS 27TH SEPTEMBER, 2025



The Dean of the School of Liberal Arts, Prof. Shравan Kumar, delivered a lecture on “Effective Teaching Methods Using ICT Tools.”

The School of Liberal Arts, K.R. Mangalam University, under the aegis of Academic Affairs, organized a hands-on training workshop on “Effective Teaching Methods Using ICT Tools” on Saturday, 27th September 2025 at Venue A209. The session was conducted in offline mode and was attended by 23 faculty members of SOLA. The workshop was conducted by Prof. Shравan Kumar, who guided participants on using modern digital tools to enhance classroom engagement and improve learning outcomes. The training focused on interactive and technology-driven teaching practices that make learning more engaging, visual and impactful. Faculty members received practical training on using ICT platforms such as Wayground, Mentimeter, and Kahoot for creating

quizzes, live polls and gamified learning activities. The session also introduced the use of AI tools for content creation, summarization and academic support. Participants designed sample quizzes, presentations and multimedia-rich teaching materials through guided demonstrations and group activities. The event was coordinated by Ms. Rohini Kumari and Dr. Kartika Saharan, who ensured smooth organization and active participation. The workshop was well received by attendees, who appreciated its practical relevance and hands-on approach. Overall, the training successfully strengthened faculty competencies in integrating ICT tools into teaching, promoting innovative, student-centric and technology-enabled learning practices.

DIALOGUE ON SAMRASTA: A JOURNEY TOWARDS SOCIAL AND RELIGIOUS HARMONY

17TH SEPTEMBER 2025

On September 17, 2025, the School of Liberal Arts and the Centre of Excellence for SDGs hosted an expert session titled "A Dialogue on Samrasta: A Journey Towards Social and Religious Harmony" at K.R. Mangalam University. Coordinated by Dr. Minhaj Ahmed Khan and Dr. Priya Sharma, the event featured a keynote address by international lawyer Ms. Maja Groff, Esq., who explored Samrasta (unity and equitable coexistence) as a pillar for social equity.

Attended by 160 students, the dialogue focused on the vital links between SDG 16 (Peace and Justice), SDG 10 (Reduced Inequalities), and climate governance. Ms. Groff emphasized that institutional integrity and social harmony are essential for addressing global crises and building resilient societies. The session concluded by reinforcing the University's commitment to advancing inclusion and justice through proactive academic and community partnerships.



Ms. Maja Groff, Esq., speaking about global governance



Prof. Shraavan Kumar, Dean, SOLA, and Prof. Renu Verma, Associate Dean, SOLA, felicitating Ms. Groff a Bonsai sapling

ORIENTATION SESSION ON QUALITY MENTORING SKILLS FOR EDUCATORS

13TH SEPTEMBER 2025

On September 13, 2025, the School of Liberal Arts and the IQAC organized an orientation on “Quality Mentoring Skills for Educators” at K.R. Mangalam University. Led by Hon’ble Vice-Chancellor Prof. Raghuvir Singh and Dr. Shikha Dutt. The session aimed to enhance faculty capacity in supporting students’ academic and emotional growth, aligning with SDG 4 (Quality Education).

Prof. Singh highlighted the role of educators as lifelong mentors, emphasizing trust and empathy as pillars of the student-teacher bond. Through reflective exercises, faculty explored student-centric approaches to personalized a holistic support system, ensuring that mentorship remains a core driver of academic excellence and student well-being at the university.



Hon’ble Vice-Chancellor Prof. Raghuvir Singh sharing his views during the orientation session



Dr. Shikha Dutt Sharma presenting the vote of thanks to the guest speaker after the session

BEYOND THE CLASSROOM: FIELD EXPERIENCES

ACADEMIC TRIP TO HUMAYUN'S TOMB: EXPLORING HERITAGE, CULTURE, AND CONSERVATION IN PRACTICE, 19TH SEPTEMBER 2025

On September 19, 2025, the School of Liberal Arts organized an experiential learning visit to Humayun's Tomb, New Delhi. Led by Dr. Aditi, Dr. Biatrisha Mukhopadhyay, Dr. Kartika Saharan, and Dr. Nandini Ahlawat, 40 students from the B.A. Programme and B.A. Honors (Chinese and English) participated in this immersive educational tour. The visit aimed to connect classroom theories with practical exposure to India's architectural heritage and conservation practices. The tour provided a deep dive into Indo-Islamic architecture, focusing on the monument's unique double dome, the

intricate jali screens, and its symbolic role as the "Dormitory of the Mughals." For Chinese language students, the session also served as a professional exercise in interpreting Indian history for a global audience. Through expert-led discussions and site analysis, students gained valuable insights into historical preservation and cultural symbolism. This successful visit bridged the gap between textbooks and history, fostering a greater appreciation for the socio-political narratives embedded in our national monuments.



Dean, students and faculty members of SOLA gathered at the entrance of KRMU before starting for the Academic Trip to Humayun's Tomb.



Students and faculty members gathered in front of Humayun's Tomb and enjoyed the academic trip.

COMMUNITY ENGAGEMENT: OUTREACH AND IMPACT

UNDERSTANDING ADOLESCENT CONCERNS THROUGH CAREER COUNSELLING AND GENDER SENSITIZATION PROGRAM

AUGUST, 2025

The target community for the intervention comprised school-going adolescents belonging predominantly to rural and semi-rural backgrounds. The students were enrolled in Government School, Lakhawas, which caters largely to children from socioeconomically disadvantaged sections of society.

Most students belonged to lower-middle-class, lower-income, and economically vulnerable families, with some students coming from households living below the poverty line. Limited financial resources, restricted exposure to career guidance, and strong dependence on traditional occupations characterized the community.



After the Intervention Participants demonstrated a heightened understanding of career pathways and entrance examinations, coupled with increased confidence in articulating academic and personal concerns. The program successfully fostered a deeper



awareness of gender equality and mutual respect, empowering students to realize their full potential. Consequently, students are now equipped with more informed, realistic career plans that align their personal aptitude with the professional context.

CAREER CONNECT: INTERNSHIPS AND PLACEMENTS

CAREER CONNECT: PLACEMENT

STUDENT NAME	PROGRAM	SESSION	NAME OF COMPANY	OFFERED DESIGNATION
Vansh Vats	B.A. (H) Psychology	2022-2025	Orchid International School (K12)	BDA
Parth Sharma	B.A. (H) Economics	2022-2025	Orchid International School (K12)	BDA
Dushyant Singh	B.A. (H) Economics	2022-2025	Orchid International School (K12)	BDA
Drishti Dey	B.A. (H) Psychology	2022-2025	Orchid International School (K12)	BDA
Aastha Jha	B.A. (H) Economics	2022-2025	Orchid International School (K12)	PRM
Aparna Singh	B.A. (H) Economics	2022-2025	Orchid International School (K12)	BDA
Nukul Rathi	B.A. (H) Psychology	2022-2025	Orchid International School (K12)	PRM
Aisha Kalra	B.A. (H) Psychology	2022-2025	Orchid International School (K12)	Teaching

CAREER CONNECT: INTERNSHIP

Name	Program	Company / Institution Name	Position
Vanya	M.A. Applied Psychology, Semester III	Fortis Hospital	Clinical Intern
Udita Sharma	M.A. Applied Psychology, Semester III	SMIIEEL Motherson	HR Intern
Preeti	M.A. Applied Psychology, Semester III	Sanjivini Society for Mental Health	Clinical Intern
Shruti Gusain	B.A. (Hons./Hons. with Research) Psychology, Semester III	Moolchand Hospital	Clinical Intern

Lakshay Sharma	B.A. (Hons./Hons. with Research) Psychology, Semester III	Healthy Mind Clinic	Clinical Intern
Sharon Massey	B.A. (Hons./Hons. with Research) Psychology, Semester III	Inspiron Psychology Well Being Centre	Clinical Intern
V. Sree Aparna	B.A. (Hons./Hons. with Research) Psychology, Semester III	Artemis Hospital, Sector 51	Clinical Intern
Rohtanshi Malhotra	B.A. (Hons./Hons. with Research) Psychology, Semester III	Accord Superspeciality Hospital	Clinical Intern
Shadiya Ansari	B.A. (Hons./Hons. with Research) Psychology, Semester III	Moolchand Hospital	Clinical Intern
Pinki	B.A. (Hons./Hons. with Research) Psychology, Semester III	Artemis Hospital	Clinical Intern
Tejaas	B.A. (Hons./Hons. with Research) Psychology, Semester III	Centre of Psychiatric Expertise	Clinical Intern
Harshita Rai	B.A. (Hons./Hons. with Research) Psychology, Semester III	Mindspace – Chakshita Mangla	Clinical Intern
Lisha Das	B.A. (Hons./Hons. with Research) Psychology, Semester III	Moolchand Hospital	Clinical Intern
Abhay Kumar	B.A. (Hons./Hons. with Research) Psychology, Semester III	Centre of Psychiatric Expertise	Clinical Intern
Priyanshi Panwar	B.A. (Hons./Hons. with Research) Psychology, Semester III	Inquizitive Minds	Clinical Intern
Banisha Sehrawat	B.A. (Hons./Hons. with Research) Psychology, Semester III	Anvaya Healthcare	Clinical Intern
Sarisha	B.A. (Hons./Hons. with Research) Psychology, Semester III	Moolchand Hospital	Clinical Intern
Janisha	B.A. (Hons./Hons. with Research) Psychology, Semester III	Anvaya Healthcare	Clinical Intern
Vinay	B.A. (Hons./Hons. with Research) Psychology, Semester III	Metro Hospital	Clinical Intern
Aarvi Sharma	B.A. (Hons./Hons. with Research) Psychology, Semester III	Artemis Hospital	Clinical Intern
Lavanya Saini	B.A. (Hons./Hons. with Research) Psychology, Semester III	Parwarish Institute of Parenting	Child Development Intern
Rishita Rawat	B.A. (Hons./Hons. with Research) Psychology, Semester III	Dr. K. P. Rana (MBBS, DNB Psychiatry)	Clinical Intern
Diksha Sehrawat	B.A. (Hons./Hons. with Research) Psychology, Semester III	Anvaya Healthcare	Clinical Intern

Sakshi	B.A. (Hons./Hons. with Research) Psychology, Semester V	Jagruti Rehabilitation Centre	Clinical Intern
Vibhati Hans	B.A. (Hons./Hons. with Research) Psychology, Semester V	Neurocare Clinic	Clinical Intern
Jiya Yadav	B.A. (Hons./Hons. with Research) Psychology, Semester V	Continua Kids	Child Development Intern
Deepali	B.A. (Hons./Hons. with Research) Psychology, Semester V	KD Hospital, Mathura	Clinical Intern
Tarushi	B.A. (Hons./Hons. with Research) Psychology, Semester V	Moolchand Hospital	Clinical Intern
Muskan Sharma	B.A. (Hons./Hons. with Research) Psychology, Semester V	Polaris Hospital, Gurugram	Clinical Intern
Ansh Yadav	B.A. (Hons./Hons. with Research) Psychology, Semester V	Continua Kids	Child Development Intern
Ritika	B.A. (Hons.) Economics, Semester II	BPM India Tax Lab	ITR Intern
Shivansh Mehra	B.A. (Hons.) Economics, Semester II	Edunova Industrial	Entrepreneur
Sayana Kundu	B.A. (Hons.) Economics, Semester II	Integrity Web	Digital Marketing Intern
Khushi Singh	B.A. (Hons. with Research) Economics, Semester II	Sai Sukh Foundation	Social Entrepreneur
Shashwat Arya	B.A. (Hons. with Research) Economics, Semester II	Priyam Global School	Digital Marketing Intern
Muskan Kaur	B.A. (Hons.) Economics, Semester II	Sai Sukh Foundation	Social Entrepreneur
Vedansh Bhardwaj	B.A. (Hons.) Economics, Semester II	Orchid Infrastructure Pvt. Ltd.	Finance Intern
Kamal Sharma	B.A. (Hons.) Economics, Semester II	Alpha Phrobe	Forensic Financial Intern
Prakhar Gupta	B.A. (Hons.) Economics, Semester II	Mediception	Data Analyst
Daksh Trehan	B.A. (Hons.) Economics, Semester II	IndusInd Bank	Retail Banking Intern
Sharmi	B.A. (Hons.) Economics, Semester II	Kotak Mahindra Bank	Trade Finance Intern

Parth Khatri	B.A. (Hons.) Economics, Semester II	Sai Sukh Foundation	Social Entrepreneur
Sudiksha Bisht	B.A. (Hons.) Economics, Semester II	Code Alpha	Graphic Designer
Vaishnavi	B.A. (Hons.) Economics, Semester II	PGPK	Data Analyst & Reviewer
Siddharth	B.A. (Hons.) Economics, Semester II	Sai Sukh Foundation	Social Entrepreneur
Aryan Anand	B.A. (Hons.) Economics, Semester II	Motmaenna Center for Psychological Counseling & Rehabilitation	Marketing & Digital Strategy Intern
Ishaani Chauhan	B.A. (Hons. with Research) Economics, Semester II	Oodles Technologies	HR Intern
Aakriti Bansal	B.A. (Hons. with Research) Economics, Semester IV	Prerna Threads Pvt. Ltd.	HR Intern
Arnav Singh Rathoud	B.A. (Hons. with Research) Economics, Semester IV	Middle Men Asia + We Did It	Research Intern
Aayushi Kesari	B.A. (Hons. with Research) Economics, Semester IV	Dalmia Bharat Group	HR Intern
Soumya Aggarwal	B.A. (Hons. with Research) Economics, Semester IV	NHPC Ltd.	HR Intern
Aditi Rai	B.A. (Hons. with Research) Economics, Semester IV	Muskurahat Foundation	Crowd Funding Intern
Aanchal Thakran	B.A. (Hons.) English, Semester II	Ferns N Petals	Content Writing Intern
Aditya	B.A. (Hons.) English, Semester II	Tommy Hilfiger	Sales Executive Intern
Sanjana Khatana	B.A. (Hons.) English, Semester II	Times of Architects	Intern
Pallavi Ghosh	B.A. (Hons.) English, Semester II	The Wisdom School	Trainee Assistant Teacher
Tanisha Gautam	B.A. (Hons.) English, Semester II	Jaguar Groups	HR Intern
Drishti Sanan	B.A. (Hons.) English, Semester II	Globerise	Mass Communication Intern
Gayatri Jayan	B.A. (Hons.) English, Semester II	ELTEX	Executive Assistant Intern
Drimita Roychowdhury	B.A. (Hons.) English, Semester II	Beyond and Studio	Admin Intern
Oshika	B.A. (Hons.) English, Semester II	Grow Hut	Content Writing Intern
Heena	B.A. (Hons.) English, Semester II	The Kaleido	Data Entry Intern

CELEBRATING SUCCESS: STUDENT ACHIEVEMENT



Mr. Ayush Singh

B.A. (Hons.) Psychology Batch 2022-25

Our students have demonstrated remarkable enthusiasm, leadership, and social responsibility through active participation in academic, civic, and community-oriented

initiatives beyond the university campus. From engaging in policy-driven platforms such as Youth Parliament and earning national-level recognition, to contributing meaningfully through NSS activities, mental health outreach, and educational workshops, they continue to represent the institution with excellence. These achievements reflect their commitment to experiential learning, public service, and the application of knowledge in real-world settings, reinforcing a strong culture of student engagement and holistic development.

Ayush Singh, a dedicated student of B.A. Psychology (Batch 2022-25), has made a significant impact in the field of mental health as the founder of Chitt Organization. This registered mental health entity goes beyond traditional counseling by conducting educational workshops and experiential programs designed to enhance mental health literacy and emotional intelligence across the community. Chitt serves as a comprehensive platform for growth, offering academic mentoring, career guidance, and leadership development. A standout feature of the organization is its unwavering commitment to LGBTQ+ empowerment and advocacy for inclusive spaces.



Ms. Tanishka Sawhney

B.A. (Hons.) Psychology, Semester-V

She conducted a session on Men's Mental Health at the Foundever Corporate Office on the occasion of Men's Day and was appointed as an NSS Group Leader. She served as the Execution Head and later as Sub-Head of AGAaHI, a mental health project under the Teens of God NGO, contributing to project planning and implementation. Tanishka also participated in a Psychology Event hosted by WICCI-HPWC, and took part in impactful social outreach visits to an Old Age Home and the Earth Saviour Foundation. Extending her work to the school setting, she conducted a teachers' workshop at Sharda International School and carried out aptitude assessments for Class X students, reflecting her strong commitment to mental health awareness, community service, and applied psychological practice.

Tanishka Sawhney of B.A. Hons. Psychology, V- Sem. actively engaged in extensive field-based and outreach initiatives beyond the university campus through her involvement with NSS and mental health-focused organizations.





Ms. Anushri Sharma,
BA (Honours with Research) Psychology,
Semester III,

Anushri Sharma, BA (Honours with Research) Psychology, Semester III, showcased exemplary leadership and analytical skills at the Youth Parliament hosted by Manav Rachna University, Faridabad, where she secured 3rd position and received the Best Opposition Leader Award from Former CJI Justice U.U. Lalit and Shri Sudhanshu Trivedi, MP (Rajya Sabha). She was also honoured with the Best Female Volunteer Award on NSS Orientation Day (Session 2025–2026), recognising her dedication to social service and leadership excellence.



In September 2025, Vibhuti Batra B.A. Hons. Psychology, V-Sem. was appointed as a Group Leader in the National Service Scheme (NSS). She is grateful for this opportunity and looks forward to contributing responsibly and enthusiastically.



Vibhuti Batra
B.A. Hons. Psychology, V- Sem

RESEARCH UPDATES

S. No.	Author	Title	Journal/ Book Name	Publisher	DoP	Scopus/ WoS
1	Dr. Shikha Dutt Sharma	Echoes Through Time: A Journey Through British Poetry	Echoes Through Time: A Journey Through British Poetry	Lambert Academic Publishing.	04/08/2025	Book
2	Dr. Shikha Dutt Sharma	Empowering Futures: The Role Of Indian Government Schemes In Advancing Girl Child Education And Digital Literacy	Lex Localis	Institute For Local Self-Government Maribor	28/08/2025	SCOPUS (Q2)
3	Dr. Shikha Dutt Sharma	Exploring Identity, Trauma, And Ai In Greek Lessons, Land Of Milk And Honey, And The Unsettled	International Journal Of Environmental Sciences	Integrated Publishing Association	28/08/2025	SCOPUS
4	Dr. Swati Chauhan	AI-Enhanced Personalization And Consumer Trust: A Cross-Cultural Study On Digital Buying Behaviour	Advances In Consumer Research	Association For Consumer Research	20/09/2025	SCOPUS (Q4)
5	Dr. Aditi	DECOLONIZING HISTORY: NEW NARRATIVES FROM INDIGENOUS PERSPECTIVES	Global Frontiers: Multidisciplinary Research Innovations For A Changing World	Infinity Publication Pvt. Ltd.	28/08/2025	Book Chapter
6	Dr. Mansi Yadav	The Silence Between Her Words	The Silence Between Her Words	Ink Freedom Publications	09-09-2025	Book

AWARDS

DR. SARVEPALLI RADHAKRISHNAN UNIVERSAL EXCELLENCE AWARD 2025



Dr. Shikha Dutt Sharma, Assistant Professor (Selection Grade) of English and IQAC Coordinator at K. R. Mangalam University, Gurugram, has been honored with the prestigious DR. SARVEPALLI RADHAKRISHNAN UNIVERSAL EXCELLENCE AWARD 2025 for her outstanding contributions to education, literature, and academic excellence. Her inspiring mentorship and scholarly approach have enriched student learning, nurturing linguistic proficiency, critical thinking, and literary appreciation.

DEDICATION AND SERVICE AWARD 2025



Dr. Shikha Dutt Sharma and Dr. Rohini Kumari receiving the Dedication and Service Award 2025



Dr. Shikha Dutt Sharma, Assistant Professor (Selection Grade) at the School of Liberal Arts and IQAC Coordinator, K. R. Mangalam University, Gurugram, has been honored with the Dedication and Service Award – 2025 in recognition of her outstanding commitment to promoting knowledge and academic excellence during the 2024–25 session. The award acknowledges her integrity, dedicated service, and valuable contributions, and the certificate was signed by the Registrar and the Vice-Chancellor.

Dr. Rohini Kumari was also conferred with the Dedication and Service Award 2025 for her unwavering dedication and service over the past three years. She expressed heartfelt gratitude to the university management, Hon'ble Vice-Chancellor Prof. Raghuvir Singh, her mentor Dr. Renu Verma, and her colleagues and students for their constant support and encouragement. She also thanked the KRMU family for recognizing continuous dedication and for fostering a supportive and inspiring environment that motivates her to strive for excellence.



Faculty members from various schools being honored with the Dedication and Service Award 2025

COLLABORATIONS

MEMORANDUM OF UNDERSTANDING (MOU) BETWEEN K.R. MANGALAM UNIVERSITY AND TULASI HEALTHCARE, 18 AUGUST 2025

A Memorandum of Understanding (MoU) was formally signed on 18 August 2025 between K.R. Mangalam University, Gurugram and Tulasi Healthcare, Gurugram, establishing a collaborative partnership in the areas of academic training, clinical exposure, and professional development in mental health and rehabilitation services.

The MoU aims to strengthen the integration of academic learning with practical clinical experience, particularly for students pursuing psychology and related disciplines. As part of this collaboration, Tulasi Healthcare will provide structured internship opportunities to students of K.R. Mangalam University, enabling them to gain hands-on exposure in assessment, diagnosis, clinical intervention planning, and

counselling in real-world mental health settings.

The agreement also outlines responsibilities for both institutions. The university will ensure that participating students meet academic eligibility criteria and will extend administrative and logistical support for collaborative research, workshops, and training initiatives. Tulasi Healthcare will provide supervision, mentorship, and ensure adherence to ethical and confidentiality standards during clinical training. The MoU is valid for one year from the date of signing and may be renewed annually with mutual consent. It includes provisions related to termination, confidentiality, intellectual property, institutional independence, and dispute resolution under the jurisdiction of Gurugram, Haryana.



IN FOCUS: HIGHER EDUCATION

Student Name	Programme	Batch	Higher Education
Vatsalya Nalla	B.A. (Hons.) Political Science	2022–25	M.A. in Women's and Gender Studies, School of Human Studies, Dr. B.R. Ambedkar University Delhi
Ms Deepanshi Attree	B.A. (Hons.) Economics	2022–25	MSc Economics, University of Bristol
Muskan Oberoi	B.A. (Hons.) Economics	2022–25	M.A. Economics, GGSIPU
Mehak Taneja	B.A. (Hons.) Economics	2022–25	M.A. Economics, GGSIPU
Monika	B.A. (Hons.) Economics	2022–25	M.A. Economics, GGSIPU
Parth Sharma	B.A. (Hons.) Economics	2022–25	MSc Economics, University of Bristol
Anushka Thapliyal	B.A. (Hons.) Political Science	2022–25	M.A. Political Science, South Asian University
Unnati Dabas	B.A. (Hons.) Psychology	2022–25	MSc Organisational Psychology and Business, University of Leeds

STAR ALUMNI



“My time at the School of Liberal Arts, K.R. Mangalam University shaped the way I think, learn and lead. The B.A. Programme encouraged interdisciplinary learning, critical inquiry and confident expression- skills that continue to guide me in my MBA journey at the University of East London.”

Ms. Shabana Siddiq

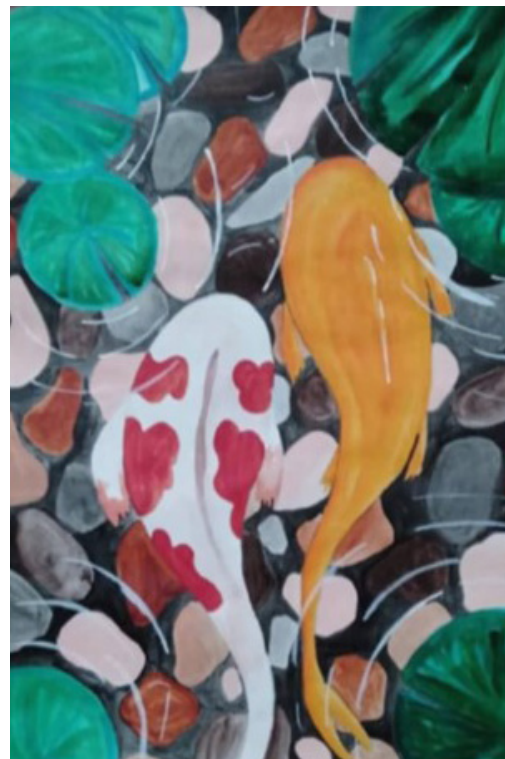
B.A. Programme (2022- 2025)

Currently pursuing MBA from

University of East London



CREATIVE CORNER



Painted by : Ms. Priyanka Manna
B.A. (Hons.) Psychology (Semester. I)



Painted by: Ms. Neha
B.A. (Hons.) Psychology (Semester I)



Art by: Khushi
B.A. Psychology (Sem.I)

A POETRY: DROWNING IN SHADOWS

The heavy days keep piling on,
my knees grow weak, my strength is gone.
In quicksand's grip, I sink and strain,
my hazy eyes, my soul in pain.
I need a shoulder, warm and strong,
to lean on when the nights are long.
On days like this, my throat goes dry;
no words escape, I can't even cry.
Tears slip down, unrestrained and fierce,
my chest so tight it seems to pierce.
I ache to scream, to drown it out,
the pain I can't push back or out.
I'm swimming in circles, lost and worn,
in sludge that drowns, dark and forlorn.

Each breath I take, a fight to stay,
yet sinking, fading, washed away.
I grasp for hope, for something true,
but only shadows meet my view.
And on this endless night,
I tuck my soul away from sight.
The future feels shaky,
the bridge I stand on breaking.
I think of erasing me,
to hide from the shadows, one more evening.
My body has given up,
my mind, still grieving.
To silence the whispers is all I ask;
I'm lost, drifting without a path.

Mr. Yashvardhan
M.A. Psychology, II Year

THE DAY AFTER

It didn't feel real at first.

Death rarely does. It arrives like a sentence you read twice,
hoping it changes.

The world kept moving with its usual cruelty, calls coming in,
notifications blinking, traffic

refusing to stop. People spoke gently, as if softness could
undo facts. Someone offered

water. Someone said stay strong. Someone else said time
heals. None of it touched the part

of the body that had already gone hollow.

Grief didn't explode. It settled.

In the empty chair. In the untouched pillow. In the way a
name almost escaped the mouth
and then didn't.

And in a house that still needed to function, even after love
left it, routine became a disguise.

And the hands that once folded clothes began hiding grief,
as if it could be kept quiet

Ms. Manasvi Bhardwaj

**(B.A. (Hons. with Reseach) Psychology,
Semester II)**

PERFECT

She is the poetry God wrote,

My dream of a winter forest, a fairy tale.

She's like a flower that blooms to stun,

She is like a star that burns.

She's like the moon that loves to shine,

She's like a moment that freezes in time.

She's like a book I love to read,

Like a folk song I always heed.

She's like a river that loves to run free,

The whole world gets blur when she is having fun

Her eyes remind me of the winter sky,

A fairy tale I can't quite explain why.

She's like a pen that loves to write,

A soldier of untamable might.

She has the eyes of a soft morning dew,

And I just hope she admire herself as I do.

No flaw exists in her—no matter what she knew

Because she is perfect...

Mr. Prakhar Gupta

B.A. (Hons.) Economics

THE ART OF LETTING GO

What sorrow clings to fleeting breath,

What hand would hold me at time of death?

To hold too fast the transient air,

Leaving me with feeling of despair

No chain can bind the stream's soft song,

No plea can halt what moves along

And it shall bring solace to life

The art of letting go...

The strong winds that blow

Shall sweep me away one day

It is an art everyone despise

Ms. Diva

B.A. (Hons.) Psychology

MOMENTS IN TIME: THE PHOTO DIARY







K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

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