



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



# SCHOOL OF LIBERAL ARTS

## NEWSLETTER OCTOBER- DECEMBER 2025

### *Perspective*





# CONTENTS

MESSAGE FROM THE LEADERSHIP .....	04
MESSAGE FROM THE DEAN .....	05
FROM THE DESK OF IQAC COORDINATOR .....	06
EDITORIAL .....	07
SCHOOL VISION AND MISSION .....	07
IN THE SPOTLIGHT: FEATURED ARTICLES.....	08
SCHOOL EVENT CHRONICLES .....	10
BEYOND THE CLASSROOM: FIELD EXPERIENCES .....	17
COMMUNITY ENGAGEMENT: OUTREACH AND IMPACT .....	18
CELEBRATING SUCCESS: STUDENT ACHIEVEMENTS .....	19
FACULTY ACHIEVEMENTS.....	21
RESEARCH OUTPUT .....	23
COLLABORATIONS .....	24
STAR ALUMNI.....	26
CREATIVE CORNER .....	27
MOMENTS IN TIME: THE PHOTO DIARY.....	31

## MESSAGE FROM THE LEADERSHIP

---



Dear Students,

University life is a formative phase one that encourages you to think critically, act responsibly, and grow with purpose. As you balance academic responsibilities and personal goals, you may face moments of uncertainty. These moments, however, often become valuable learning experiences, helping you build resilience, self-awareness, and confidence.

Stay engaged with your learning, be open to new ideas, and allow yourself the freedom to grow. Remember, progress is not always linear; it is shaped by your dedication and perseverance. Maintain a healthy balance, surround yourself with positive influences, and continue to believe in your abilities.

The university is here to support you throughout your journey. Your efforts are valued, your growth matters, and your aspirations are important. Move ahead with confidence, clarity, and determination.

Best!

**Rohit Gupta**

**Director & Promoter**

**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 pleased to extend my warm greetings on the release of the October–December 2025 edition of the quarterly Humanities newsletter. This issue reflects the academic vibrancy, creative engagement, and intellectual spirit that defines the School of Humanities, while also highlighting our ongoing commitment to academic quality and excellence.

At the Internal Quality Assurance Cell (IQAC), we continue to foster a culture of excellence through consistent and structured efforts aimed at enhancing teaching–learning practices, promoting research, and encouraging community engagement. The contributions featured in this edition—ranging from faculty accomplishments to student initiatives and outreach activities—demonstrate our collective dedication to holistic and inclusive growth.

I sincerely appreciate the efforts of the editorial team, contributors, and the school leadership for bringing out this meaningful publication. I encourage readers to stay engaged with knowledge and continue striving forward with integrity, empathy, and innovation.

Warm regards,

**Dr. Shikha Dutt Sharma**

**IQAC Coordinator, KRMU**

**Managing Editor, *Perspective***

# EDITORIAL

---

This edition of the SOLA Newsletter presents a brief overview of how academic life at the School of Liberal Arts translates into meaningful learning experiences and future readiness. The contributions featured here reflect an environment that values intellectual rigour, clarity of thought, and purposeful academic engagement.

Across its programmes and initiatives, SOLA promotes broad-based learning, continuous engagement with ideas, and early exposure to research, dialogue, and public-oriented work. Students build strong foundations in analysis, communication, and problem-solving skills that support their progression into higher studies, diverse career paths, and roles requiring adaptability and independent thinking.

At the same time, this newsletter documents the academic momentum within the School, highlighted through faculty initiatives, student achievements, and curricular practices that align education with changing social and professional needs.

## Editorial Board

### Editor-in-Chief:

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

### Managing Editor:

Dr. Shikha Dutt Sharma, IQAC Coordinator, K.R. Mangalam University

### Associate Editor:

Dr. Kartika Saharan, Assistant Professor, School of Liberal Arts

### Editors:

Dr. Kalyani Seth, Assistant Professor, School of Liberal Arts

Dr. Jyotshna Tyagi, Assistant Professor, School of Liberal Arts

Aditya, B.A. (Hons.), Semester II, Psychology

# 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

## CAREER READINESS IN 2026: SKILLS, ADAPTABILITY, AND THE FUTURE WORKFORCE



**By: Dr. Krishanu Singh**  
**Assistant Professor, SOLA**

The whole concept of being career-ready has changed dramatically from what it used to be in the past, when it was all about getting a degree or having excellent grades. The 2026 world of work is not only dynamic, technology-driven, and competitive; it is also challenging. It is no longer the people who “know things” that matter; it is the people who can “adapt, think, and learn” that matter in the 2026 world of work. As universities prepare their students for the real world, it is imperative that the whole concept of being career-ready in the 2026 world of work is redefined.

Career readiness is the ability of a student to make a smooth transition from the academic world to the professional world. However, this is not as easy as it used to be, because the linear path of being career-ready has been broken down into freelancing, remote work, and even being your own boss. It is imperative that the student has a wide range of skills. Perhaps

one of the biggest changes in 2026 is the emphasis on adaptability. With the pace at which technology is evolving, especially in the field of artificial intelligence and automation, industries are evolving as well. Jobs today might change or become obsolete tomorrow. For students, it is therefore important that they can learn, unlearn, and relearn. Being adaptable is not only about living with change but also about embracing it as a means of growth.

Another important factor is being digitally literate. Being career-ready does not simply entail working with computer applications. It now entails an understanding of technology and data interpretation. Whether one is a literature major, a business major, or a science major, digital literacy applies

universally. For example, a literature major could work with digital storytelling tools, whereas a business major could work with data trend analysis. The integration of technology in almost every field has become a necessity.

Another important factor is communication. It must, however, be emphasized that even as technology has become an integral part of our lives, communication remains an important aspect of our lives. It has become even more important as we have entered a hybrid work environment, wherein communication does not simply entail face-to-face interaction. It has become important for one to communicate through emails and other digital means of communication. It has become important not just to communicate but also to listen and understand before communicating.

In addition to communication skills, another important attribute is the capability of an individual to think critically. It is important to have individuals who can think critically in the modern world. This is because, in the modern world, there is a lot of information. Therefore, it is important to have the capability to distinguish between information and misinformation.

In addition to intellectual skills, emotional intelligence has also become very important. This is because, in the current working world, teamwork is required. Therefore, it is also important for students to have the capability to understand how to control their own emotions. This is because, in the current working world, it is important to understand the emotions of other individuals. Emotional intelligence is very important in creating a positive working environment, especially in leadership positions, because it is important to understand individuals as well as tasks.

Lastly, by the year 2026, when students are ready to join the workforce, they need to have acquired some kind of practical knowledge. The internships that students undertake have become an essential part of the learning process. This is because employers need to have a clear idea of how students can apply the knowledge they have acquired. Universities are encouraging this by giving students opportunities to interact with people from the industry.

One of the significant factors that is becoming essential for students is their personal brand. In the modern world, a student’s personal brand plays a critical role. This is because students can use this to give themselves a competitive edge in the industry. They are also able to understand the importance of online ethics. Also, being career-ready is a continuous learning process. In addition, with the changing dynamics of technology, one must be aware of learning

new skills. At the same time, students must be aware of the importance of lifelong learning.

Another important skill that one must possess to become career-ready is time management. In this regard, students must be aware of how to manage their academic and internship-related activities with a disciplined attitude. In this way, students would be able to become more productive, since multitasking is a common phenomenon in the real world.

Skill of networking is another very important factor. In this regard, students must develop relationships with their peers, professors, alumni, and other professionals. This would not only help them in terms of generating opportunities but would also enable them to learn from each other's experiences. In addition, they must actively participate in seminars and workshops.

Most importantly, a sense of ethical responsibility must become an integral part of career readiness. The reason is obvious. Professionals in a technologically driven and socially complex society must make ethical and socially responsible decisions. Data privacy, sustainability, and workplace ethics are just a few examples of socially responsible issues that have become even more important in recent times. Employers want to recruit not just skilled but also socially responsible individuals.

The role played by universities in this regard cannot be overstated. While imparting education to their students, they must ensure that students get opportunities to develop critical thinking, creativity, and collaboration. Career development programs must be strengthened, and teachers have to play a major role in this.

## TRAUMA IS NOT ALWAYS LOUD



**By: Yashasvi Singh Shekhawat**  
**B.A.(Hons.with Research) Psychology**

Not all trauma begins with something that happens. Sometimes, it begins with something that keeps happening quietly, until you no longer notice it.

We often recognize trauma in its most visible forms. A clear event, a rupture, something that can be named and located in time. But there is another kind that does not arrive as a moment. It settles gradually, through repeated experiences of being unheard, dismissed, or emotionally unseen. Nothing feels "serious enough" to call it trauma, yet something within starts to shift. What changes first is not behavior, but expectation. You begin to anticipate that your emotions will not be understood. You learn to filter what you say, to minimize what you feel, to adjust yourself before anyone

asks you to. Over time, this is no longer a conscious effort. It becomes automatic. The mind reorganizes itself around safety, even if that safety comes at the cost of authenticity.

This is why quiet trauma is often difficult to recognize. It does not leave behind a single memory. It leaves behind patterns. The tendency to overthink before speaking. The discomfort with being fully seen. The need to stay emotionally contained, even in spaces that are meant to feel safe. These are not random reactions. They are learned adaptations. There is a moment, though, when this becomes visible. Not suddenly, but gradually. In the hesitation before expressing something real. In the feeling of being "too much" without knowing why. In the quiet awareness that you have been holding yourself back for longer than you realized. That recognition can be unsettling, but it is also where understanding begins.

What is important to see here is that these responses are not signs of weakness. They are forms of protection that made sense at some point. The mind does not create these patterns without reason. It creates them to maintain some sense of stability, even in environments where emotional safety was uncertain. Healing, then, is not about undoing everything at once. It is about slowly noticing these patterns without judging them. It is about allowing yourself to experience what was once suppressed, in ways that feel safe enough. And most importantly, it is about rebuilding a sense of internal safety, where expression does not immediately feel like risk.

# SCHOOL EVENT CHRONICLES

## SAMVIDHAN SAMVAAD: 75 YEARS OF THE INDIAN CONSTITUTION—FOSTERING CONSTITUTIONAL AWARENESS AND DEMOCRATIC ENGAGEMENT, 1ST OCTOBER 2025

On October 1, 2025, the School of Liberal Arts, K.R. Mangalam University, organized an interactive session titled “Samvidhan Samvaad: 75 Years of the Indian Constitution”. Coordinated by Dr. Saleem Ahmad and Dr. Srishti Srivastava, the session witnessed the participation of 109 students and aimed to promote constitutional literacy, democratic values, and active civic engagement.

The session commenced with a welcome address by Prof. (Dr.) Shrvan Kumar, Dean, School of Liberal Arts, who set the tone by emphasizing the enduring relevance of the Indian Constitution in shaping a just and equitable society. This was followed by an insightful overview by Dr. Priya Sharma, who highlighted the evolution and contemporary significance of constitutional principles even after 75 years of its adoption.



Prof. (Dr.) Mehraj Uddin Mir marking 75 years of the Constitution of India through dialogue, insight, and democratic engagement at K.R. Mangalam University

The resource person, Prof. (Dr.) Mehraj Uddin Mir, Chair Professor (Motilal Nehru Chair), delivered a thought-provoking lecture, presenting the Constitution as a living and dynamic document that upholds the ideals of justice, liberty, equality, and fraternity. He elaborated on its role in addressing contemporary socio-political challenges and strengthening democratic institutions. Drawing upon landmark judgments and judicial interpretations, he effectively connected constitutional theory with real-world applications, enabling students to develop a deeper and more practical understanding of governance and rights.

The interactive format of the session encouraged active student participation through engaging discussions and a

question-and-answer segment, fostering critical thinking and reflective dialogue on constitutional issues. The session concluded with a vote of thanks by Dr. Srishti Srivastava, who acknowledged the valuable insights shared by the speaker and the enthusiastic participation of the attendees.

The session proved to be highly enriching, enhancing students’ understanding of constitutional democracy, civic responsibility, and participatory governance. It reinforced the importance of informed citizenship and aligned with the broader vision of nurturing socially aware and responsible individuals committed to upholding democratic values.

## EXPERT SESSION ON “ECONOMIC GROWTH: CAUSES, CONSEQUENCES, AND IMPLICATIONS”—BRIDGING THEORY WITH POLICY PERSPECTIVES, 6TH OCTOBER 2025

On October 6, 2025, the School of Liberal Arts, K.R. Mangalam University, organized an expert session titled “Economic Growth: Causes, Consequences, and Implications”. Convened by Prof. (Dr.) Shravan Kumar and co-convened by Prof. (Dr.) Renu Verma, the session was coordinated by Dr. Kaveri Khound and Mr. Deepak Kumar. The event witnessed the participation of 85 students from B.A. (Hons.) Economics and B.A. (Hons.) Political Science, aiming to deepen their understanding of economic growth and its broader societal impact.

The session featured Mr. Rahul Ahluwalia, Co-Founder of the Foundation for Economic Development, as the distinguished resource person. Through an engaging and insightful lecture, he explored the multidimensional nature of economic growth, emphasizing its relationship with poverty, inequality, and sustainable development. Drawing on real-world examples and policy experiences, he highlighted how governance structures and policy design significantly influence economic outcomes, particularly in emerging economies like India.



Mr. Rahul Ahluwalia, Co-Founder of the Foundation for Economic Development, being felicitated by Prof. (Dr.) Shravan Kumar, Dean SOLA and other faculty members



Mr. Rahul Ahluwalia, addressing the students

Adopting an interactive format, the session combined theoretical explanations with practical insights, followed by a stimulating discussion and question-and-answer segment. Students actively engaged with the speaker, gaining clarity on the implications of macroeconomic policies and their impact on social and economic equity. The discourse encouraged participants to move beyond conventional GDP-centric views of growth and consider inclusivity, sustainability, and long-term resilience as essential components of development.

The session successfully bridged academic concepts with practical policy perspectives, fostering critical thinking and analytical skills among students. It underscored the importance of balanced growth strategies that promote both economic progress and social well-being. The event concluded on a reflective note, with suggestions to expand such initiatives into workshops and policy simulation exercises, further strengthening students’ applied understanding and research orientation in the field of economics.

## EXPERT SESSION ON HOW TO ALLEVIATE STRESS: PROMOTING MENTAL WELL-BEING ON WORLD MENTAL HEALTH DAY, 7TH OCTOBER 2025

On October 7, 2025, the School of Liberal Arts, K.R. Mangalam University, in collaboration with Tulasi Healthcare, organized an expert session titled “How to Alleviate Stress” to commemorate World Mental Health Day. Coordinated by Dr. Mansi Yadav and Dr. Shalini Singh, along with student coordinators Ms. Japneet Kaur and Ms. Harshpreet Kaur, the session witnessed the participation of 50 students and aimed to raise awareness about mental health and equip students with effective stress management strategies.

The session featured distinguished mental health professionals, Dr. Anu Yadav, Consultant Psychiatrist, and Ms. Aastha Dwivedi, Consultant Clinical Psychologist, who provided valuable insights into the causes, effects, and

management of stress. Through an interactive and expert-driven approach, the speakers combined psychoeducational discussions with practical techniques, enabling students to understand stress from both clinical and everyday perspectives.

A key highlight of the session was the inclusion of experiential learning activities such as guided mindfulness exercises, controlled breathing techniques, and group discussions. These activities encouraged active participation and helped students practice coping strategies in real time. Additionally, a mental well-being mobile application, “Thriving Minds,” was introduced, offering students a digital platform to monitor their emotional health and access supportive tools.



Dr. Anu Yadav, Consultant Psychiatrist, and Ms. Aastha Dwivedi, Consultant Clinical Psychologist, with Dr. Nudrat Jahan, Dr. Shalini Singh & Mr. Amit Kumar Yadav



The session fostered an open and supportive environment, encouraging students to engage in meaningful dialogue around mental health and reducing the stigma often associated with it. Participants gained practical skills such as cognitive reframing and stress regulation techniques, which can be applied in both academic and personal contexts.

The session proved to be highly impactful, enhancing students' awareness of emotional well-being and strengthening their ability to manage stress effectively. It reinforced the institution's commitment to promoting mental health awareness and cultivating a supportive campus environment that prioritizes psychological resilience and holistic development.

## INDIAN YOUTH: THEIR SHARED EXPERIENCE, ANXIETY, AND ASPIRATION—UNDERSTANDING CONTEMPORARY REALITIES, 10TH NOVEMBER 2025

On November 10, 2025 School of Liberal Arts, K.R. Mangalam University, organized an interactive session titled "Indian Youth: Their Shared Experience, Anxiety, and Aspiration". Coordinated by Dr. Saleem Ahmad, the session witnessed the participation of 50 students and aimed to provide a nuanced understanding of the challenges, perceptions, and aspirations shaping contemporary Indian youth.

The session featured Prof. (Dr.) Sanjay Kumar, Professor and Former Director, Centre for the Study of Developing Societies (CSDS)—Lokniti, New Delhi, as the distinguished resource person. Drawing on extensive empirical research conducted over two decades, he presented a comprehensive

analysis of youth experiences in India, covering domains such as education, employment, social identity, political participation, and mental well-being.

Through data-driven insights, Prof. Kumar highlighted critical trends, including rising unemployment, the gap between career aspirations and available opportunities, and the influence of familial and societal expectations on educational choices. He emphasized that while a significant proportion of youth are engaged in education or employment, a notable segment remains disconnected, raising important concerns for policymakers. The session also explored the paradox of increasing electoral participation despite limited political

engagement, reflecting evolving forms of civic responsibility among young citizens.

A key highlight of the discussion was the focus on mental health and emotional well-being. Prof. Kumar drew attention to increasing stress levels, anxiety, and the prevalence of negative thought patterns among youth, underscoring the urgent need for institutional support systems and greater awareness in educational spaces. He also addressed issues of social inclusion, noting that while individualism and independent thinking are gaining prominence, experiences of discrimination based on socio-economic and cultural factors persist.

The interactive format encouraged active student participation, with engaging discussions on education–employment mismatches, democratic engagement, and the psychological impact of competition. The session concluded on a reflective note, with Prof. Kumar emphasizing the optimism and aspirations of youth in shaping a Viksit Bharat 2047, rooted in equity, opportunity, and well-being.

The event proved to be highly insightful, fostering critical awareness and encouraging students to engage thoughtfully with the socio-economic and psychological realities of contemporary India.



Prof. (Dr.) Sanjay Kumar, Professor and Former Director, Centre for the Study of Developing Societies (CSDS) being felicitated by Prof. (Dr.) Renu Verma, Associate Dean, SOLA



Dr. Sanjay Kumar, Professor and Former Director, Centre for the Study of Developing Societies (CSDS)– Lok Niti, New Delhi with Dean & faculty members of SOLA

## ECHOES OF THE EPICS: STORYTELLING SESSION- CELEBRATING NARRATIVE TRADITIONS AND CREATIVE EXPRESSION, 21ST NOVEMBER 2025

On November 21, 2025, the School of Liberal Arts, in collaboration with the Indian Knowledge System Cell, K.R. Mangalam University, organized a pan-university storytelling competition titled “Echoes of the Epics”. Coordinated by Dr. Kartika Saharan and Dr. Ambika Bhatnagar, the event brought together 12 participants and 27 attendees from

diverse academic disciplines, creating a vibrant platform for creative expression and cultural engagement. The competition aimed to celebrate India’s rich literary heritage by encouraging students to creatively interpret classical texts such as the Ramayana and Mahabharata, while enhancing their storytelling and public speaking skills.



Dr. Shравan Kumar celebrating the timeless power of storytelling at Echoes of the Epics, where students reimagined the Ramayana and Mahabharata through creativity, culture, and compelling narratives

The event commenced with a welcome address by Prof. (Dr.) Shравan Kumar, Dean, School of Liberal Arts, who emphasized the pedagogical significance of storytelling in Indian traditions. He highlighted how epics serve as powerful mediums for exploring ethical dilemmas, leadership values, and moral reasoning, thereby fostering critical thinking and cultural literacy among students.

Participants presented a diverse range of narratives, including character-driven monologues of Draupadi, Karna, Mandodari, Sita, and Hanuman, as well as innovative reinterpretations from unconventional perspectives such as animals, nature, and symbolic voices. Themes of dharma, moral conflict, and contemporary relevance were thoughtfully woven into performances, reflecting both scholarly understanding and imaginative engagement. Each participant was evaluated on content originality, clarity, voice modulation, stage presence, and overall impact, ensuring a comprehensive assessment of their narrative and expressive abilities.

The judging panel provided valuable feedback, encouraging students to balance creativity with textual authenticity. The competition concluded with the announcement of winners, where Prakhar (B.A. Hons. Economics) secured the first position and Gauri Batta (B.A. Hons. Psychology) secured the second position for their outstanding performances. The event concluded with a vote of thanks by Dr. Kartika Saharan, acknowledging the efforts of all contributors and participants.

The session proved to be a resounding success, fostering creativity, confidence, and a deeper appreciation for India’s epic traditions. By integrating storytelling with academic inquiry, the event reinforced the role of narrative as a powerful educational tool and highlighted the potential for expanding such initiatives into larger inter-university platforms celebrating India’s rich cultural heritage

## THE REVIVAL OF READING: LIT TALKS – AUTHORS & IDEAS, 26 NOVEMBER 2025

The School of Liberal Arts at K.R. Mangalam University successfully organised Lit Talks – Authors & Ideas 2025 under the aegis of the Rhetoric Club, featuring an engaging

panel discussion on the theme “The Revival of Reading.” The session was thoughtfully moderated by Dr. Shikha Dutt Sharma, whose insightful facilitation enriched the overall discourse.



Dr. Shikha Dutt Sharma igniting young minds and rekindling the love for reading at Lit Talks – Authors & Ideas 2025 at K.R. Mangalam University

The panel brought together distinguished authors and thought leaders who shared diverse perspectives on the changing dynamics of reading in the contemporary digital age. The discussion highlighted key concerns such as declining reading habits, the influence of digital media, and the enduring significance of books in fostering intellectual growth, creativity, and critical thinking.

Dr. Sharma’s nuanced moderation played a pivotal role in guiding the conversation, ensuring a balanced exchange of ideas while encouraging active participation from the audience. Her ability to weave together varied viewpoints

created a stimulating environment for dialogue and reflection. The session inspired students and attendees to reconsider the importance of sustained reading practices in both academic and personal contexts.

The event served as a meaningful academic engagement, reflecting the commitment of the School of Liberal Arts K.R. Mangalam University to promote intellectual curiosity, interdisciplinary dialogue, and literary appreciation. Such initiatives continue to provide valuable platforms for students to engage with contemporary ideas, nurturing a culture of thoughtful inquiry and lifelong learning.

# BEYOND THE CLASSROOM: FIELD EXPERIENCES

## VISIT TO THE EARTH SAVIOURS FOUNDATION: EXPERIENTIAL LEARNING IN COMMUNITY PSYCHOLOGY AND SOCIAL RESPONSIBILITY, 10TH OCTOBER 2025

On October 10, 2025, the School of Liberal Arts, K.R. Mangalam University organized an experiential learning visit to The Earth Saviours Foundation (TESF), Bandhwari Village, Gurugram. Convened by Prof. (Dr.) Shravan Kumar and Prof. (Dr.) Renu Verma, and coordinated by Dr. Shalini Singh and Mr. Amit Kumar Yadav, the visit saw participation from 16 M.A. Psychology (I & II Year) students along with faculty members. This educational and social outreach initiative aimed to bridge classroom knowledge with real-world exposure to community welfare, rehabilitation, and mental health care practices.



Students of SOLA on their visit to The Earth Saviours Foundation (TESF), Bandhwari Village, Gurugram



The visit began with a warm welcome by the foundation's team, who introduced students to the organization's humanitarian mission of providing shelter, care, and dignity to the destitute, elderly, and mentally challenged individuals. Through meaningful interactions with over 150 residents, students gained first-hand exposure to diverse psychosocial conditions, including depression, schizophrenia, mania, and personality disorders. Observing these conditions beyond textbooks offered a

powerful experiential understanding of applied psychology.

Students also explored the rehabilitation environment, witnessing the provision of basic amenities such as food, shelter, medical care, and psychological support. The compassionate approach and dedication of the caregivers left a profound impact, highlighting the importance of empathy, ethical responsibility, and human dignity in psychological practice. The visit concluded with a reflective discussion session, enabling students to process their emotional experiences and learning outcomes. A memento was presented to the Superintendent of the organization as a gesture of gratitude.

This impactful visit enhanced students' understanding of community psychology, strengthened their sense of social responsibility, and inspired them to actively engage in social service and mental health advocacy. By connecting academic learning with lived realities, the experience fostered empathy, professional awareness, and a deeper commitment to contributing meaningfully to society.

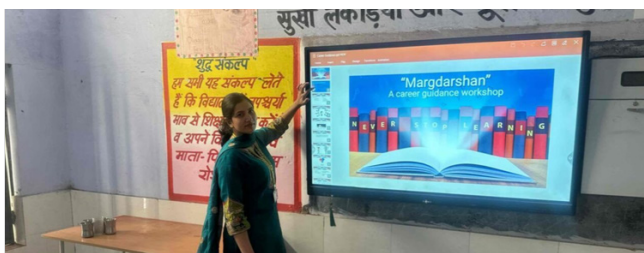


# COMMUNITY ENGAGEMENT: OUTREACH AND IMPACT

## UNDERSTANDING ADOLESCENT CONCERNS THROUGH CAREER COUNSELLING AND GENDER SENSITIZATION: A COMMUNITY OUTREACH INITIATIVE

The Psychology Department, School of Liberal Arts, K.R. Mangalam University, conducted a community outreach project titled “Understanding Adolescent Concerns through Career Counselling and Gender Sensitization Programs” at Government School, Lakhawas. Led by a dedicated faculty team

comprising Mr. Amit Kumar, Dr. Mansi Yadav, Dr. Shalini Singh, Dr. Pooja Singh, and Dr. Hena Dembla, the initiative aimed to address the emotional, social, and academic challenges faced by adolescents while fostering awareness about career development and gender sensitivity.



SOLA Faculty at Government School, Lakhawas with students

The project focused on supporting students from classes IX to XII during a critical developmental stage, where identity formation, career decision-making, and understanding of social roles become increasingly significant. Through a structured and empathetic approach, the initiative sought to enhance students’ awareness of career opportunities, promote informed decision-making, and encourage respectful and equitable gender attitudes.



The intervention began with stakeholder meetings involving the school principal, counsellor, and teachers to ensure collaboration and smooth implementation. This was followed by rapport-building sessions, where interactive activities created a safe and open environment for students to express their concerns. A pre-assessment survey comprising 20 multiple-choice questions was conducted to evaluate students’ baseline understanding of career options, self-awareness, and gender sensitivity, helping the team tailor subsequent sessions effectively.

Career counselling sessions were then conducted in both group and individual formats. Group discussions focused on various educational streams, career pathways, and aligning choices with personal interests and aptitude. Individual counselling sessions provided students with a supportive space to discuss academic pressure, motivation, and personal challenges. Using person-centered and solution-focused approaches, the facilitators guided students toward improved self-awareness, better decision-making, and effective stress management.

In addition, gender sensitization sessions were conducted to promote mutual respect, challenge stereotypes, and encourage equality among students. These sessions emphasized the importance of healthy interpersonal relationships, empathy, and inclusive attitudes in both academic and social contexts.

The initiative proved to be a meaningful and transformative experience, enhancing students’ confidence, communication skills, and awareness of both career planning and gender issues. By integrating psychological principles with community engagement, the project successfully bridged the gap between academic knowledge and real-world application, reinforcing the department’s commitment to holistic development and social responsibility.

# CELEBRATING SUCCESS: STUDENT ACHIEVEMENT



increasingly integrated into psychological assessment and intervention. Students also interacted with thought leaders who highlighted critical concerns around data privacy, algorithmic bias, and the irreplaceable value of human empathy in mental healthcare. The experience broadened their understanding of how AI can support, but not replace, compassionate therapeutic practice. The session was graced by Dr. Nimisha Kumar, PhD, President, Asian Cognitive Behaviour Therapy Association, as the guest of honour, and the visit was efficiently coordinated by Dr. Nudrat Jahan, Associate Professor of Psychology, K.R. Mangalam University. This immersive learning opportunity strengthened the students' awareness of the rapidly evolving relationship between technology and mental health, preparing them for future-ready professional roles.

Global Summit on AI for Mental Health | Student Industry Exposure Visit Students of the MA Applied Psychology programme, School of Liberal Arts, K.R. Mangalam University, attended the Global Summit on AI for Mental Health held on 22 November 2025 at the India International Centre (IIC), New Delhi. The summit, themed “Mental Health in the Age of Machines,” brought together global experts, clinicians, researchers, and innovators working at the intersection of technology and psychological well-being. The visit provided our students with an enriching academic and professional exposure. They engaged with cutting-edge discussions on AI-driven mental health tools, including predictive analytics, emotion-recognition systems, and digital therapeutics. Experts emphasized the importance of human-centered, ethical, and empathetic approaches in an era where technology is



Shivani Sharma, founder of Lives Beyond Boundaries, and a student of M.A - Psychology at K.R Mangalam University Gurugram conducted a focused workshop on emotional vocabulary and emotional resilience for senior Indian Army officers including Majors, Colonels, and Brigadiers, with the objective of building self-awareness and helping them understand the power of words, tone, and timing in shaping both their internal emotional state and their relationships; Professional & Personal

The session emphasized that while they serve the nation with strength and discipline, their families equally share the sacrifice, and that effective emotional expression can reduce personal burden and strengthen connection, as Shivani, backed by over 7 years of work in mental wellness. She continues to deepen her impact through learning and application, guided by the belief that “When you know better, you do better.”



Shivani Sharma (M.A. – Psychology) conducted a focused workshop on emotional vocabulary and emotional resilience for senior Indian Army officers

We are pleased to acknowledge the accomplishment of our student, Sunny, for successfully participating in the Global Summit on AI for Mental Health, held on 22nd November 2025 at the India International Centre (IIC), New Delhi. The summit brought together experts and learners to explore the intersection of artificial intelligence and mental health.

Sunny's (M.A. Applied Psychology, 2years) active participation in this prestigious event reflects a strong commitment to staying

updated with emerging trends and contributing to the evolving field of mental health and technology. This achievement highlights their enthusiasm for learning beyond the classroom and engaging with global academic and professional platforms.

We congratulate Sunny on this milestone and wish them continued success in their academic and professional journey



# FACULTY ACHIEVEMENTS



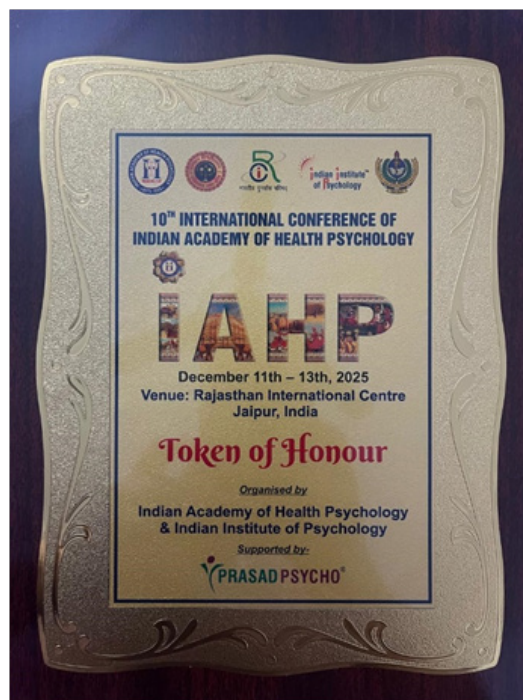
Dr. Shikha Dutt Sharma has been conferred with the Excellence Award in CSR Initiative by the Professional Network Group of India (PNGI) in recognition of her significant contributions to community engagement and social outreach at K.R. Mangalam University. Over the past three years, she has been actively overseeing and strengthening community connect initiatives, playing a pivotal role in designing and implementing programs that foster social responsibility and meaningful engagement beyond the classroom.

Her efforts have contributed to the development of impactful institutional practices, particularly in community outreach, which have also been showcased as a best practice during the NAAC accreditation process. Through her leadership, these initiatives have not only enhanced student participation in socially relevant activities but have also reinforced the university's commitment to inclusive and sustainable development.

This recognition highlights her consistent efforts in advancing CSR initiatives and her role in integrating academic engagement with community-oriented practices, thereby creating a lasting impact at both the institutional and societal levels.

Dr. Nudrat Jahan actively participated in the 10th International Conference of the Indian Academy of Health Psychology, held in Jaipur from 11–13 December. During the conference, she not only chaired a session, demonstrating her academic leadership and expertise, but also presented a research paper focusing on cancer knowledge and the associated stigma—an area of significant relevance in contemporary health psychology. Her presentation contributed to raising awareness about the psychosocial dimensions of illness and highlighted the need for informed interventions to reduce stigma.

The conference served as an enriching platform for scholarly exchange, bringing together researchers, academicians, and practitioners from diverse disciplines. It facilitated insightful discussions on emerging trends, challenges, and innovations in the field of health psychology. Through interactive sessions, panel discussions, and research presentations, participants engaged in meaningful dialogue that fostered interdisciplinary learning and collaboration. Dr. Jahan's involvement in such a prestigious academic gathering reflects her commitment to advancing research, promoting awareness, and contributing to the broader discourse on health and well-being.



Dr. Nudrat Jahan actively participated in the 10th International Conference of the Indian Academy of Health Psychology, held in Jaipur from 11–13 December. During the conference, she not only chaired a session, demonstrating her academic leadership and expertise, but also presented a research paper focusing on cancer knowledge and the associated stigma—an area of significant relevance in contemporary health psychology. Her presentation contributed to raising awareness about the psychosocial dimensions of illness and highlighted the need for informed interventions to reduce stigma.

The conference served as an enriching platform for scholarly exchange, bringing together researchers, academicians, and practitioners from diverse disciplines. It facilitated insightful discussions on emerging trends, challenges, and innovations in the field of health psychology. Through interactive sessions, panel discussions, and research presentations, participants engaged in meaningful dialogue that fostered interdisciplinary learning and collaboration. Dr. Jahan’s involvement in such a prestigious academic gathering reflects her commitment to advancing research, promoting awareness, and contributing to the broader discourse on health and well-being.



Prof. (Dr.) Shравan Kumar, Dean, SOLA at the 3rd International Conference on Library & Technology on Artificial Intelligence and Humanities in Library and Education 4.0 (AIHLE-2025)

Prof. (Dr.) Shравan Kumar, Dean, School of Liberal Arts (SOLA), marked his distinguished presence at the 3rd International Conference on Library & Technology on Artificial Intelligence and Humanities in Library and Education 4.0 (AIHLE-2025) held at Uttaranchal University, Dehradun. As featured among the eminent speakers, his participation reflects his continued commitment to advancing interdisciplinary dialogue at the intersection of technology, education, and the humanities.

With his visionary leadership and academic expertise, Dr. Kumar contributes significantly to shaping contemporary discourse on AI-driven transformations in education and library sciences. His presence at such prestigious platforms highlights SOLA’s growing academic footprint and dedication to fostering innovation, research, and intellectual exchange at both national and international levels.

As featured among the eminent speakers, his participation reflects his continued commitment to advancing interdisciplinary dialogue at the intersection of technology, education, and the humanities.



Dr. Apoorva Hooda, felicitated by Principal, DGC Gurugram

Dr. Apoorva Hooda, faculty member in the Department of English, School of Liberal Arts, K. R. Mangalam University, was invited to Dronacharya Government College, Gurgaon, as a judge for the English events at the college’s 75th Foundation Fest held on 21st November.

She adjudicated the Declamation, Elocution, and Poetic Recitation (English) competitions, where students showcased impressive command over language, delivery, and interpretation.

## FACULTY RESEARCH OUTPUT

---

1. **Sharma, S. D. (2025).** Integrating Ai-Driven Language Models In Literary Analysis: A Novel Approach To Understanding Linguistic Nuances In English Literature. In Proceedings Of The 2025 International Conference On Recent Innovation In Science Engineering And Technology (Icristet)
2. **Khound, K. (2025);** “Understanding Barriers And Behavioral Determinants Of Financial Inclusion: Evidence From Empirical Investigation”. European Economic Letters, 15(3), Abdc C Category Journal. Issn: 2323-5233
3. **Khound, K. (2025).** Green And Sustainable Technologies: Impact On The Environment – Exploring Sustainability In Agriculture Supported By Minimum Support Price (Msp): Sohna, Haryana, India (Case Study). Computer Science, Engineering And Technology. Vol. 3(4), Working Paper, Ssrn, Elsevier, Issn: 2583-9179
4. **Khound, K. (2025)** “Strategic Decision-Making In The Era Of Artificial Intelligence: A Multi-Dimensional Evaluation Of Opportunities, Challenges And Ethical Concerns”, International Journal Of Accounting And Economics Studies, 12 (5) (2025) 950-955. Scopus Indexed Journal.
5. **Khound, K. (2025);** “Subscription Economy And The Transformation Of Ownership: A Review Of Value Perceptions And Retention Strategies”. Advances In Consumer Research, 2(5), Abdc B Category Journal, Issn (Print): 935-951
6. **Chakraborty, V., & Mishra, U. S. (2025):** ‘The Geography Of Hunger: Regional Disparities In Nutritional Deprivation In India’. Economic & Political Weekly, Special Article, Vol. 60(50).

# COLLABORATIONS

## MOU SIGNING WITH ELT@I 3 NOVEMBER, 2025

The School of Liberal Arts, K.R. Mangalam University, Gurugram, formalized a significant academic collaboration through the signing of a Memorandum of Understanding (MoU) with the English Language Teachers' Association of India (ELT@I) on 3rd November, 2025.



The School of Liberal Arts, K.R. Mangalam University, Gurugram, signing an Memorandum of Understanding (MoU) with the English Language Teachers' Association of India (ELT@I)



This collaboration aims to promote excellence in English language teaching and learning by facilitating joint initiatives such as faculty development programs, workshops, seminars, conferences, and student engagement activities. The partnership is expected to enhance pedagogical practices, strengthen communication skills, and provide a platform for knowledge exchange among educators and learners.

The MoU was signed in the presence of distinguished representatives from ELT@I and university officials. This initiative reflects the university's commitment to fostering academic innovation and empowering students with strong linguistic and professional competencies.

## MOU SIGNING WITH LONGVIEW RESEARCH AND ADVISORY 30 DECEMBER, 2025

The School of Liberal Arts, K.R. Mangalam University, Gurugram, further strengthened its industry-academia engagement by signing a Memorandum of Understanding (MoU) with Longview Research and Advisory on 30 December, 2025.

The collaboration is aimed at bridging the gap between academic learning and industry requirements by offering opportunities such as internships, training programs, expert

sessions, and collaborative projects. This partnership will enable students to gain practical exposure, develop industry-relevant skills, and enhance their employability.

The MoU signing ceremony was attended by key representatives from Longview and university leadership. This partnership underscores the institution's dedication to holistic education and preparing students for dynamic professional environments.



# STAR ALUMNI



Tanya has successfully transitioned into a professional role that requires strong interpersonal, communication, and counselling skills. In her position, she plays a key role in guiding prospective students, assisting them in making informed academic choices, and supporting institutional outreach.

Her achievement reflects the practical skills and professional readiness fostered during her academic journey. The university congratulates her and wishes her continued success in her career.

**Ms. Tanya Sharma**

**The School of Liberal Arts is delighted to highlight the success of its alumna Ms. Tanya Sharma B.A. (Hons.) Psychology, Batch of 2024, who is currently working as an Admission Counsellor at Amity University, Noida.**

Tanya has successfully transitioned into a professional role that requires strong interpersonal, communication, and counselling skills. In her position, she plays a key role in guiding prospective students, assisting them in making informed academic choices, and supporting institutional outreach.

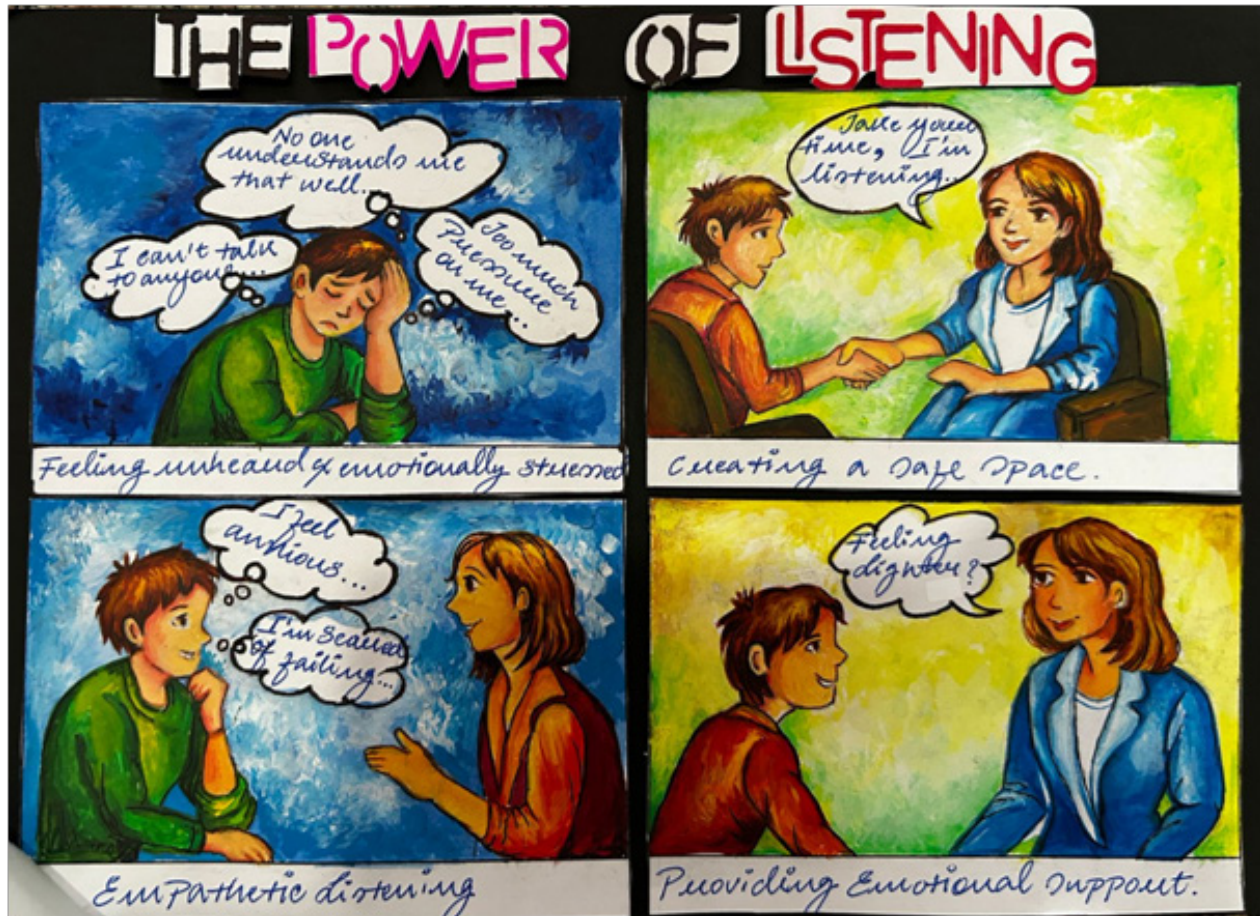
Her achievement reflects the practical skills and professional readiness fostered during her academic journey. The university congratulates her and wishes her continued success in her career.

**Ms. Bhavya Bajaj**

**The School of Liberal Arts proudly celebrates the achievements of its alumna Ms. Bhavya Bajaj (M.A. Psychology, Batch of 2024), who has embarked on a meaningful professional journey as a Psychologist at Intas Foundation.**



# CREATIVE CORNER



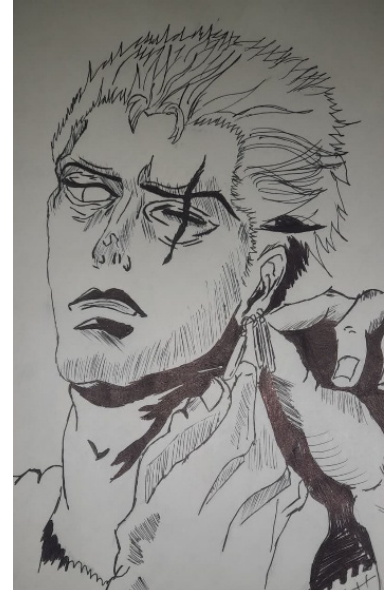
**Ms. Rishika Chandra**

B.A. (Hons. With Research) Psychology  
Semester-VI



**Ms. Tarushi**

B.A. (Hons.) Psychology  
Semester-VI



**Mr. Manish**  
M.A. Psychology  
Semester-II



**Ms. Driishi Goyal**  
B.A (Hons. with Research) Psychology  
Semester-IV

## SOLACE

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 Bhardwaj**  
**B.A. (Hons.) Psychology**  
**Semester-II**

## I WANT THAT RIGHT

Mongers were caught  
lessons were taught...  
Bravely, indeed she fought...  
prayers and hymns were enchanted  
lives she again, everyone wanted  
but,  
God, Oh God  
why you turned so shrewd ???  
she wasn't nude  
they were crude  
life, where she juggled, was a test  
were in vain all the protest ???  
Soon were the tables turned  
the accident got into light  
urged the youth of the nation so wide  
"HANG THE RAPISTS" echoed the streets  
If she were in pain  
no one slept through the night  
wild fire gotuated to protest  
Two mongers were caught  
where were the rest ???  
God, oh God please help  
I WANT THAT RIGHT..!!  
I WANT THAT RIGHT..!!  
"SAVE ME, HELP ME" she cried  
breaking the silence of night  
witnessing the sight  
my heart too died  
pondering over.....

what happened that night ??  
My conscience shouted loud...  
I WANT THAT RIGHT...!!  
I WANT THAT RIGHT...!!  
She breathed her last  
it happened so fast  
her message will still be continued  
a threat will be renewed  
NIRBHAYA was her name  
did she die??  
NO, It was a fight  
but sorry,  
I COULDN'T GET THAT RIGHT..!!  
I COULDN'T GET THAT RIGHT..!!  
That night, I saw a shadow  
alone she stood amidst the eerie of night...  
torn apparels, trembled voice  
somewhere pinched my heart so tight..  
Oh God, mercy on her..  
I want that right..!  
I want that right  
Another fact made me gape  
she laid there not alone  
A boy, half naked, too cried in pain  
Oh God, it was a RAPE !!  
it was a RAPE !!  
on that highway bright  
many passed ignoring the plight  
Humanity, too sobbed, and died

Can anyone hear??  
I WANT THAT RIGHT...!!  
I WANT THAT RIGHT...!!  
Mangled physically, exploited mentally  
two of them were drowned  
pool of blood was all around  
reviving humanity,  
rushed they were, to the hospital  
WAIT, doctors got a question  
"WHERE WERE THEY ALL NIGHT?"  
Response they gave was worth a fight  
no one stood by their side  
on almighty, cart you see??  
I WANT THAT RIGHT...!!  
I WANT THAT RIGHT...!!  
Cries on me  
I COULDN'T GET THAT RIGHT..!!  
still locomotes my spines  
sisters like her, still pay fines  
Sorry  
I COULDN'T GET THAT RIGHT...!!  
I COULDN'T GET THAT RIGHT...!!

**— Ms. Fabi Ashfaq**  
**B.A. (Hons. with Research) English**  
**Semester-II**

# FAILURE

*Iss bar reh bhi gya toh koi gum thodi h  
Tu Mehnt kr na, tu kisi se km thodi h  
Iss bar sikka nhi chla toh bhi koi nhi  
Hr bar heads hi aaye ye toh zruri nhi  
Tu aage badh ,tu kyu kisi chiz se drta h  
Duniya Jo mrzi bole, tujhe kyu usse frak pdta h  
Tu dusra moka le, or firse krke dikha de  
Abi bhi zindgi pdhi h yar thoda toh muskura de  
Tu koshish toh kr, upper vala sb Sambhal lega  
Tnsn na le vo mehnat ka fal bhi shandaar dega.*

BY:

VIBHUTI BATRA



**Ms. Vibhuti Batra**

B.A. (Hons. With Research) Psychology

Semester-VI

# MOMENTS IN TIME: THE PHOTO DIARY





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

☎ 08800697010-15    📞 011-48884888    📱 8800697012

[www.krmangalam.edu.in](http://www.krmangalam.edu.in) | [admissions@krmangalam.edu.in](mailto:admissions@krmangalam.edu.in)

📘 krmuniv    🐦 krmuniv    📺 K.R. Mangalam University

📷 Krmangalamuniv    🔗 K.R. Mangalam University  
Sohna Road, Gurugram, Haryana 122103