



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

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# SCHOOL OF HUMANITIES PERSPECTIVES NEWSLETTER

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July-September 2024



K. R. MANGALAM UNIVERSITY, SOHNA - GURGAON RD, SOHNA, SOHNA  
RURAL, GURUGRAM, HARYANA 122103

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## EDITORIAL

Welcome to the latest edition of the SOHS Newsletter, where we celebrate the vibrant academic community that defines our School. Here at the School of Humanities and Social Sciences, our educational philosophy is anchored in critical thinking, creativity, and empathy—qualities that are essential in understanding the breadth and depth of human experience. This belief, that humanities hold the key to understanding and advancing both personal and societal growth, lies at the core of our curriculum.

Our programmes span literature, history, philosophy, psychology, and languages, equipping students with the tools to engage with the world critically and thoughtfully. We encourage students to question, analyze, and reflect, fostering a nuanced awareness of the global challenges that shape our lives today. By embracing an interdisciplinary approach, we urge students to draw connections across diverse fields, achieving a richer comprehension of what it means to be human. In a time when technology often takes center stage, the humanities provide a counterbalance, nurturing empathy, ethical reasoning, cultural understanding, and resilience.

As educators, we aim not only to impart knowledge but to inspire our students to become insightful leaders who approach modern complexities with compassion and perspective. Through the humanities, we empower our students to view the world through a broader lens, preparing them to contribute to a more inclusive and thoughtful society.

In this edition, we present a glimpse into the work, achievements, and initiatives of our School. Inside, you will find our School's Vision and Mission, as well as sections like In the Spotlight; Featured Articles by faculty, students, and alumni; School Event Chronicles; Celebrating Success with student achievements; In Focus highlighting alumni contributions; Milestones in faculty achievements; Advancing Partnerships through collaborative projects; We Dost from the Counseling Cell; Beyond the Classroom with field experiences; Career Connect featuring internships and placements; Community Engagement through outreach efforts; recent Research Output, and Announcements for upcoming events and initiatives.

Each section in this newsletter reflects our commitment to fostering a community of thinkers, creators, and compassionate individuals. We invite you to explore and be inspired by the transformative work of our students, faculty, and alumni.

With sincere thanks to all of our contributors-

### Editor-in-Chief

Prof. (Dr.) Tania Gupta, Dean, School of Humanities & Director IQAC

#### Editors

**Dr. Maitree Devi**, Assistant Professor

(Political Science), School of Humanities

**Ms. Rohini Kumari**, Assistant Professor  
(Economics), School of Humanities

**Dr Shikha Dutt Sharma**, IQAC Coordinator

### Student Editors

**Ms. Divya Kumari**, B.A (Hons.) English,  
Batch 2022-25

**Ms. Namita Nagar**, B.A (Hons.) Political  
Science, Batch 2022-25

**Mr. Arnav Singh Rathod**, B.A (Hons. with  
Research) Economics, Batch 2023-27

## MESSAGE FROM THE LEADERSHIP



**Prof. (Dr.) Raghuvir Singh**

Vice Chancellor, K.R. Mangalam  
University



Dear Readers,

It is with great pride and pleasure that I share with you the latest edition of PERSPECTIVES, the newsletter of the School of Humanities at K.R. Mangalam University. This publication reflects the dynamic and forward-thinking environment of our institution, where the pursuit of knowledge is combined with creativity, innovation, and a deep commitment to societal progress.

The July-September 2024 issue highlights an array of accomplishments, initiatives, and activities undertaken by our talented students and dedicated faculty. From engaging seminars, thought-provoking panel discussions, and impactful research endeavours to cultural events and community outreach programs, the School of Humanities continues to inspire and lead in its academic and co-curricular pursuits. These efforts embody the core values of K.R. Mangalam University—excellence, inclusivity, and a global perspective.

As we navigate an era of rapid change, the role of humanities in fostering critical thinking, ethical leadership, and cross-disciplinary understanding has never been more important. I applaud the faculty and students for their resilience and enthusiasm in embracing this vision, contributing meaningfully to the intellectual and cultural fabric of our university.

I extend my heartfelt appreciation to the editorial team of PERSPECTIVES for their efforts in bringing together this vibrant and insightful publication. I encourage all readers to immerse themselves in the stories and achievements that this issue presents and to draw inspiration for the path ahead.





## MESSAGE FROM THE DEAN



**Prof. (Dr.) Tania Gupta**

Dean, School of Humanities

Director IQAC

Editor-in-Chief, PERSPECTIVES



Dear Readers,

It gives me immense joy to present the July-September 2024 edition of PERSPECTIVES, the newsletter of the School of Humanities at K.R. Mangalam University. This publication serves as a window into the vibrant intellectual life of our School, capturing the essence of our students' creativity, our faculty's dedication, and the transformative experiences we create together.

In this issue, we celebrate the numerous accomplishments and initiatives undertaken during the past quarter. From stimulating academic discussions and groundbreaking research projects to cultural expressions and meaningful community engagement activities, this period has been a testament to the unwavering commitment of our School to fostering a holistic and enriching educational experience.

The humanities provide us with the tools to understand the complexities of human existence, navigate the challenges of our times, and build bridges across diverse perspectives. At the School of Humanities, we are dedicated to nurturing critical thinkers, empathetic leaders, and engaged citizens who can contribute significantly to shaping a better world.

I extend my deepest gratitude to our students, faculty members, and collaborators for their tireless efforts and remarkable contributions. My heartfelt appreciation also goes to the editorial team of Perspectives for their hard work in curating and presenting this wonderful issue.

I invite you to delve into this edition, which is filled with inspiring stories, insights, and achievements. May it serve as a source of motivation and a reminder of the incredible potential we all possess to make a difference.

Warm regards,



## IN THE SPOTLIGHT

### Reflections on Justice: A Critical Tour of the Supreme Court of India

**I**n 2018, the Supreme Court began offering tours for the general public, open exclusively on Saturdays. As part of this experience, visitors are guided through significant elements of the Court's architecture and symbolic artwork, providing insights into India's judicial ideology and social structure. This article presents my critical observations from a recent tour of the Supreme Court of India, located on Tilak Marg in New Delhi.

One notable aspect is the two sculptures at the Court's entrance: one of Mahatma Gandhi, facing the main courtroom with his head bowed, and another representing a mother and child. This latter figure, introduced as "Mother India" nurturing a young republic, raises symbolic questions about gender and legal representation. Historically, Indian law often frames women as caregivers, lacking individual entitlements, while shaping female identities as reliant on male authority figures (father, husband, or son). Shailesh Kumar's analysis suggests that such public architecture reflects socio-political ideologies; the Supreme Court's design, particularly its phallic structure visible in satellite images, embodies male-centric judicial spaces and authority [Kumar, 2017]. And phallocentrism in the court's architecture reflects the gendered judicial space created through male societal privileges, male norms, male experience and male domination. It is imperative to mention here that in the whole building only one picture of a woman lawyer was found, which again depicts the male dominated Indian judiciary.

This tour also reveals the underlying reverence for Hindu cultural elements in judicial spaces. Manusmriti and Kautilya's Arthashastra, early legal texts, feature prominently in the Court's Museum, highlighting the influence of ancient Hinduism on Indian legal heritage (depiction of the dharmachakra and the goddess of justice symbolize an engagement only with the majoritarian religiosity, specifically Vedic culture) being engaged in the Court. Another example that can be given is of the Rajasthan High Court (and also Madras High Court) which has placed a statue of Manu in its lawn, who authored the patriarchal Brahmanical norms for women and the caste system in the Indian society. Meanwhile, British colonial architecture

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**Dr. Maitree Devi**

Assistant Professor  
Political Science  
School of Humanities (SOHS)

”

persists in the Supreme Court, from its grand dome to paintings of British officials, subtly underscoring a legal framework rooted in colonial tradition. The division of space within the court—separate entryways for judges and litigants, different canteens, and exclusive corridors—symbolizes the Court's inaccessibility, reinforcing a social hierarchy within the justice system.

A short documentary shown at the end of the tour depicts the Supreme Court as a “temple of justice,” emphasizing its monolithic identity. This view poses a dilemma in providing equitable justice to diverse groups. Despite the formal pursuit of “equality”, the Court's adherence to the “sameness doctrine” overlooks substantive equality, which acknowledges unique challenges faced by various genders, castes, and religions. This doctrine sometimes upholds unjust family laws as private matters beyond judicial intervention, often sidestepping substantive rights. To be very specific, in some cases, the courts have held that the laws which treat women differently than men, are discriminatory, and thus, violates equality -this approach adopted by the Court is one of formal equality and sameness. Conversely, other cases have rejected the challenges to specific unjust family laws. The reasoning in most of the cases of the court is a classic representation of the understanding of the family as private and of the public/private distinction. The family is understood as private, and thus beyond the appropriate intervention of the law. And in the process, the courts were more interested in ‘formal equality’ rather than ‘substantive equality’. Treating men and women and various religious communities as exactly the same under the so-called ‘sameness doctrine’ is the result of the belief in ‘formal equality’ or abstract citizenship (which is a cover for privilege). ‘Substantive equality’ on the other hand requires acknowledging the differences between men and women, woman and woman and among the caste, religious and ethnic groups.

The Court's autonomy in safeguarding constitutional values is vital but without scrutiny. Efforts to introduce a judicial appointments commission were halted when the 99th constitutional amendment was struck down, raising ongoing questions about balancing judicial independence with transparency. Equally, the Chief Justice's authority as the “master of the roster,” deciding case allocations, has prompted renewed discussions on judicial primacy and autonomy in an evolving democratic landscape. As we reflect on the architecture, iconography, and judicial practices of the Supreme Court, it's clear that these elements are more than symbolic—they shape and reflect the values, inclusivity, and limitations of India's justice system.



# OVERCOMING FEAR: STRATEGIES FOR GROWTH

Fear is a universal emotion, and for adults, it often becomes more complex than in childhood. Whether stemming from personal insecurities, career challenges, or social anxieties, fear can be overwhelming. However, addressing and overcoming these fears is essential for personal growth and well-being. Below are several effective strategies to help adults confront and manage their fears.

## 1. Acknowledge and Understand Your Fear

The first step in overcoming fear is to identify and fully understand it. Take time to reflect on what specifically triggers your fear and how it impacts you. Writing down your fears and analysing their root causes can help demystify them, reducing their emotional power.

## 2. Challenge Negative Thoughts

Fear often thrives on irrational or exaggerated thinking. To counter this, engage in cognitive restructuring by critically examining and challenging negative thoughts. Ask yourself whether your fear is based on facts or assumptions and replace negative thought patterns with positive affirmations that promote rational thinking.

## 3. Gradual Exposure

Confronting your fears in a gradual and systematic way can reduce their intensity. Begin by exposing yourself to the fear in small, manageable steps that gradually build towards confronting it in full. This process of gradual exposure allows you to build confidence and lessen anxiety over time.

## 4. Develop Coping Skills

It is essential to equip yourself with coping strategies to manage fear effectively. Techniques such as deep breathing, mindfulness, and relaxation exercises can help you maintain calm and composure during stressful situations. Regular practice of these methods can enhance your ability to handle fear in the future.

## 5. Seek Support

Connecting with friends, family, or a mental health professional can provide invaluable support. Discussing your fears with others may alleviate their intensity, offer new perspectives, and provide practical solutions or encouragement to help you overcome them.

## 6. Embrace a Growth Mindset

Adopting a growth mindset is a powerful way to view challenges and fears as opportunities for development. Recognize that overcoming fear is a valuable learning experience, and that setbacks are a natural part of the journey toward personal growth.

By applying these strategies, adults can more effectively manage and overcome their fears, ultimately leading to a more fulfilling and courageous life.

**Deepanshi Attree**

**B.A. (H) Economics**

**Batch 2022-225**



## ETERNAL LIGHT



Now in every Moment,  
 We are one,  
 Just like flowers and bees go together,  
 We ramble around in search of each other,  
 Diligently in our routes,  
 We meet and we embrace,  
 Like the kite fighting with the wind,  
 We defy every unfavourable eventuality,  
 And we meet again.  
 In search of light,  
 We often go through the darkness,  
 But isn't it how we learn how to live?  
 To live without one another?  
 Because my darling you're so loved,  
 I like to empty my heart out for you.  
 With you came an eternal light,  
 Shining bright and it looks beautiful indeed.  
 It's serene, and I cannot take my eyes off.  
 I want it to engulf me.



**Arshleen Sodhi**  
**Alumni**  
**B.A. (H) Economics**  
**Batch 2021-24**

## SCHOOL EVENT CHRONICLES

### Faculty Development Programme on Research Grants and Funding: Writing Effective Proposals

School of Humanities, K.R. Mangalam University organised Faculty Development Programme on the theme "Research Grants and Funding: Writing Effective Proposals" from 26th - 31st July 2024. Seven speakers from various areas of expertise were invited to share their wisdom and knowledge on the topic. The FDP was organized under the Chief Patronage of Prof. Prof. Raghuvir Singh, Hon'ble Vice-Chancellor K.R. Mangalam University.

The inaugural session commenced with the welcome address delivered by Prof. Tania Gupta, Dean SOHS. The chief guest of the inaugural session was Prof. (Dr.) Mehraj Uddin Mir, Chair Professor, Motilal Nehru Chair, K.R Mangalam University who he shared his valuable insights on the topic and spoke about the relevance of the FDP which shall certainly help to develop the writing research grants proposals and enhance research skills. Thereafter, an engaging session on "Types of Funding Resources and Sources" was taken by Prof. Pawan Kumar, Associate Dean Research, KRMU in which he discussed various sources and agencies which provides research grants in the field of social sciences.

Second day Speaker Dr. Raviprasad Narayanan, Associate Professor, Centre for East Asian Studies, School of International Studies, Jawaharlal Nehru University, New Delhi gave an enthralling presentation on "Structuring a Grant Proposal" through Google Meet platform. The second session of the day was graced by Dr. Lilesh Gautam, Assistant Professor, Department of Civil Engineering, Manav Rachna International Institute of Research and Studies, Faridabad. He addressed the participants on the theme "Developing a Budget and Justification for Grant Proposal". He outlined the importance

of creating a detailed budget that accurately reflects all anticipated expenses, including personnel costs, materials, and operational expenses.

Key Speaker of the day three was Dr Seema Raj Associate Dean-(Research Grants) KR Mangalam University who shared her insights on the Grant Application process with the faculty. In her presentation, Dr. Raj discussed the essential steps involved in preparing a successful grant application, emphasizing the importance of understanding the specific requirements and guidelines set by funding agencies.

Fourth day of the FDP was graced by Dr. Anshika Prakash, Director, K.R Mangalam Entrepreneurship and Incubation Centre. She took the session on "Building Relationships and Networking with Funders" which provides valuable insights into the importance of networking both offline and through online platforms. She discussed the strategies for effective communication, understanding funders' priorities, and aligning research proposals with their goals. In the next session, keynote speaker was Dr. Indu Singh, Research Communication Officer, KRMU provided impeccable insights into the importance of "Leveraging Technology for Grant Seeking".

On last day, valedictory session was graced by Prof. Raghuvir Singh, Vice Chancellor of K.R Mangalam University. He discussed the key elements of writing a successful research proposal for grants and motivated the faculty members to write proposals for SEED Grants, research grants and fellowships. In total, 30 participants from SOHS registered for the FDP Program. The programme was held in hybrid mode and included open questions and answers during sessions, feedback of each session were collected

and quizzes were conducted at the end of each session. Overall the program aimed to equip faculty members with the necessary skills and knowledge to secure research

funding through well-structured proposals. The enthusiastic participation and valuable insights shared by the speakers made the FDP a resounding success.

## Glimpses of Faculty Development Programme





## DEEKSHARAMBH 2024: STUDENT INDUCTION PROGRAMME SOHS

School of Humanities at K R Mangalam University successfully conducted the Deeksharambh 2024 Student Induction Programme from August 27th to 31st, 2024. The event aimed to familiarize new students with the university environment, foster a sense of belonging, and provide a comprehensive introduction to the academic, social, and ethical aspects of campus life. Over five days, students participated in a series of engaging sessions including welcome addresses, faculty introductions, mentoring on universal human values, cultural activities, and training on professional ethics. A highlight of the programme was the "Inspiring Minds" lecture by industry luminaries, offering insights into career growth and personal development. The programme concluded with a meaningful outreach activity to Dumdama village, where students actively engaged in community service, embodying the values of empathy and social responsibility.

The outcome of the induction programme was overwhelmingly positive, as it successfully created a supportive and inclusive atmosphere for the new batch of students. The initiative not only eased the students' transition into university life but also equipped them with essential skills and knowledge, setting a strong foundation for their academic journey ahead. Kudos to all the faculty, staff, and student coordinators who contributed to the resounding success of Deeksharambh 2024!

### Glimpses of Deeksharambh 2024 @ SOHS





## UPHOLDING EXCELLENCE: EMPOWERING STUDENTS THROUGH PROFESSIONAL ETHICS TRAINING

On the 27 of August 2024, an insightful and impactful training session titled "Upholding Excellence: Empowering Students through Professional Ethics Training" was conducted for students. The session was spearheaded by the esteemed speaker Prof. (Dr.) Hema Chaudhary, Professor and Dean at the School of Medical & Allied Sciences, K R Mangalam University.

Prof. Chaudhary, with her extensive experience and knowledge, provided a comprehensive overview of the importance of adhering to ethical standards and the code of conduct in an academic environment. She outlined the key elements of the code of conduct that students are expected to follow, including academic honesty, responsible care of university property, respect for peers and faculty, as well as the importance of class attendance, punctuality, and discipline.



Students posing for the group photo after the session

## Upholding Excellence: Empowering Students through Code of Conduct Training

On August 27th, 2024, School of Humanities organized an Expert session on "Upholding Excellence: Empowering Students through Code of Conduct Training". The event was designed to guide SOHS's students in understanding the importance of adhering to institutional codes throughout their academic journey. The resource person of this session was Professor (Dr.) Hema Chaudhary, Dean of School of Medical and Allied Sciences, K.R. Mangalam University. The students gained clarity on behavioral expectations, developed stronger self-regulation skills, and utilize support resources effectively. This contributed to fostering a positive, respectful campus culture. In conclusion, the session successfully laid the groundwork for ethical conduct, with further scope for regular follow-up workshops and mentorship programs to reinforce these values throughout students' academic lives.





## Ethical Foundations: Empowering Teachers through Professional Integrity Training

On September 28, 2024, School of Humanities organized an expert session on “Ethical Foundations: Empowering Teachers through Professional Integrity Training.” The event sought to enhance educators' comprehension of the ethical dimensions essential to teaching and learning.

The session featured esteemed Prof. (Dr.) Mehraj Uddin Mir, Chair Professor at Motilal Nehru Chair, whose insights drawn from over four decades of experience, greatly enriched the discussion. His expertise provided invaluable perspectives on the importance of ethical conduct in educational environment.

Faculty members from the School of Humanities actively participated, contributing to a lively and engaging dialogue that highlighted the relevance of integrity in teaching. The event was convened by Prof. (Dr.) Tania Gupta, Dean of School of Humanities and coordinated by Dr. Kartika Saharan and Ms. Mansi Jatav, Assistant Professors at SOHS. The positive reception of the session underscores the faculty's commitment to professional development and ethical practices in education.



Prof. Mehraj Uddin Mir interacting with the faculty during the session



## Awareness Campaign to Commemorate Suicide Prevention Week

On September 13, 2024, the School of Humanities at K.R. Mangalam University organized an impactful Awareness Campaign to commemorate Suicide Prevention Week, under the theme "Changing the Narratives about Suicide." The event commenced with a keynote address by Prof. Renu Verma, School Coordinator, SOHS, who underscored the critical importance of addressing mental health issues and fostering an environment of support and understanding.

Students from the Psychology Programme actively participated in various activities designed to raise awareness and promote suicide prevention, including poster making, article writing, poetry writing, a nukkad natak (street play), and a group song. These activities not only highlighted the creative talents of the students but also served as powerful mediums to convey messages of hope, resilience, and the importance of seeking help.

A campus-wide awareness rally was also organized, where students took to the grounds to spread messages of strength, solidarity, and support, reinforcing the campaign's theme and encouraging open dialogues about mental health.



## CELEBRATING SUCCESS: STUDENT ACHIEVEMENTS



Ms. Aakriti Bansal a student of B.A.(H) Economics, School of Humanities KRMU honored with a special award for delivering the best speech in the debate competition on the "Role of Educational Institutions in Promoting Legal Education and Preventing Violence Against Women" on the occasion of National Teacher's Day, Bhagidari Jan Sahyog Samiti organized an award ceremony to honor outstanding contributions in the field of legal awareness and social initiatives.



Vikruti Koul, a student from the School of Humanities (SOHS), pursuing a degree in B.A. (H) English final year, showcased her remarkable skills and secured the 1st Prize in the Dance Competition at GD Goenka University's Annual Day competition. Her outstanding performance was a testament to her creativity, dedication, and passion for her subject. These accomplishments reflect the vibrant spirit and determination of our students, who continue to excel both academically and in co-curricular activities.



**Anushka Thapiyal**

**Programme: B.A (Hons.) Political Science, Semester V**

**Publications: Thapliyal, Anushka (2024), "The United Nations Security Council and the Global Weapon Trade" in Poli-ticking Me Off. July, 2024.**



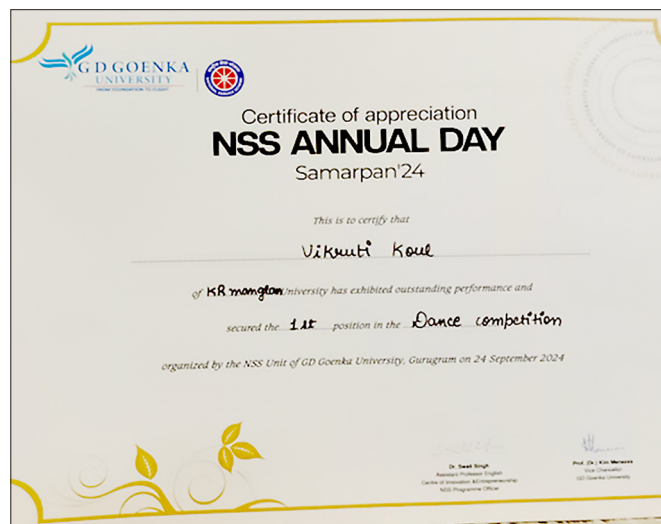
**Aprajita Jain**

**Programme: M.A. Psychology**

**Final Year**

**UGC Net Qualified - 2024**





# National Teacher Day



Organised by  
**BHAGIDARI JAN SAHAYOG SAMITI**

*Certificate of Appreciation*

Certified that Aakrit

Awarded National Award (Social Initiative) for outstanding contribution in the field of Social Work in National Teacher's Day Celebration, held on 31.08.2024 at Auditorium, New Delhi YMCA Tourist Hostel, Jai Singh Road, New Delhi-110001.

Vijay Gaur  
Chief Convener Or. Committee  
Secretary General  
Bhagidari Jan Sahyog Samiti

Bharat Bhushan  
Vice President  
Bhagidari Jan Sahyog Samiti

Prof. S.K. Singh  
Chairperson  
Institute of Engineers  
Delhi State Centre



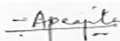
Prof. K.K. Aggarwal,  
Former Vice Chancellor  
Guru Gobind Singh IP University  
Chief Patron Bhagidari JSS



विश्वविद्यालय अनुदान आयोग  
University Grants Commission  
Quality higher education for all

(उच्चतर शिक्षा विभाग, शिक्षा मंत्रालय, भारत सरकार के तहत एक स्वायत्त संगठन)  
(An Autonomous Organization under the Department of Higher Education, Ministry of Education, Government of India)

## UGC – NET June 2024 Scorecard

Roll Number:	2302006918		Application Number:	240510137834		
Candidate's Name:	APRAJITA JAIN					
Mother's Name:	RENUKA JAIN					
Father's Name:	GAURAV JAIN					
Category:	GENERAL	Person with Disability (PwD)*:		NO		
Gender:	FEMALE	Date of Birth:		19-04-2000		
Subject:	PSYCHOLOGY					
No of Candidates in this Subject	Registered:	29104	Appeared:	17586		
Applied on the basis of:	MASTERS DEGREE					
Applied for:	ASSISTANT PROFESSOR, JRF(JUNIOR RESEARCH FELLOWSHIP), PH.D. ONLY					

Paper	Maximum Marks	Marks Obtained **	Percentile Scored
Paper 1 + Paper 2:	300	182.0000000	92.4712840
Total Marks Obtained in Words:	ONE HUNDRED EIGHTY TWO ONLY		
Total Percentile Scored in Words:	NINETY TWO POINT FOUR SEVEN ONE TWO EIGHT FOUR ZERO ONLY		
Result:	QUALIFIED FOR ADMISSION TO Ph.D. ONLY		

\*\*\* VI-Visually Impaired, HI- Hearing Impaired, LM-Locomotor Disability, OD-Other Disability

\*\*\*\* Marks have been normalized in case of exam held in multi-shifts

Dated: 17.10.2024

Director (Exams), NTA

Subject-wise/Category-wise cut-offs are available on the website of NTA.

## IN FOCUS: OUR ALUMNI ACHIEVEMENTS AND CONTRIBUTIONS



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**Parinika Arora**

B.A. (H) Psychology,

Batch 2021-24 Pursuing MSc. in Mental Health at  
University of Birmingham

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**Fatima Durrani**

B.A. (H) English,

Batch 2021-24

Pursuing M.A English at Jamia Millia Islamia

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**Hitanshi Chawla**

B.A. (H) English

Batch 2021-24

Placed at Accenture

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**Bhavya Baja**

B.A. (H) Psychology

Batch 2021-24

Counsellor at Intas foundation- Apna Ghar

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## "ALUMNI VOICES: WISDOM FROM THE JOURNEY"

School of Humanities organised an event "Alumni Voices: Wisdom from the Journey" under Student Induction Programme on 28th August 2024. This programme aimed to provide an opportunity for current students to learn from the experiences and insights of alumni who have excelled in their respective fields and to inspire the new students to navigate their academic and professional journeys with confidence. The event featured two distinguished speakers: Ms. Arshleen Sodhi, an alumna from the Economics department, and Ms. Khushi Dahiya, an alumna from the Psychology department. "Alumni Voices: Wisdom from the Journey"

School of Humanities organised an event "Alumni Voices: Wisdom from the Journey" under Student Induction Programme on 28th August 2024. This programme aimed to provide an opportunity for current students to learn from the experiences and insights of alumni who have excelled in their respective fields and to inspire the new students to navigate their academic and professional journeys with confidence. The event featured two distinguished speakers: Ms. Arshleen Sodhi, an alumna from the Economics department, and Ms. Khushi Dahiya, an alumna from the Psychology department.



Ms. Arshleen Sodhi, Alumni, SOHS taking her session during the event.

## MILESTONES: FACULTY ACHIEVEMENTS

FACULTY NAME	AWARD
Prof. Tania Gupta Dean, School of Humanities	Conferred with Excellence in Accreditation & Institutional Ranking by K.R Mangalam University on 05 September 2024  Conferred with Exemplary Leadership Award by Council for Teachers Professional Development on 29 September 2024
Dr. Manju Rani, Assistant Professor (Psychology), School of Humanities	Received Excellence in Student Engagement through Clubs & Societies Award 2024 for Chetna Society by K.R. Mangalam University on Teacher's Day, 2024

## Counselling and Mental Wellness Centre (WeDost)

Counseling and Mental Wellness Center, WeDost, at K.R Mangalam University in Sohna, Gurgaon, is committed to providing comprehensive mental health support to students and staff. Our mission is to foster a nurturing and inclusive environment that promotes emotional well-being, personal growth, and academic success. The Counseling and Mental Wellbeing Centre aims to provide quality mental health care for students and staff, addressing personal, educational, and psychological challenges. It focuses on developing coping skills, enhancing self-esteem, and supporting individuals in overcoming stress and anxiety. The Centre also assists in educational and vocational planning, fostering mutual understanding between students and teachers

### Who Can Seek Help:

Anyone who is registered student or staff of K.R. Managalam University

**Services Offered:** The Counselling Cell will offer a range of services including, but not limited to:

**Individual Counselling:** Students and staff members can schedule private sessions with counsellors to discuss personal, academic, or emotional concerns.

**Group Counselling:** Small group sessions will provide students and staff members with a platform to connect with peers facing similar challenges, fostering a sense of community and shared support.

**Workshops and Seminars:** The Counselling Cell will organize workshops and seminars on topics such as stress management, time management, study skills, building resilience and etc.

**Crisis Intervention:** Trained counsellors will be available to address urgent and critical situations that may arise.

**EMAIL ID:** counseling@krmangalam.edu.in

**VENUE:** Counseling Cell, Ground Floor, A Block, K.R. Mangalam University.



## BEYOND THE CLASSROOM: FIELD EXPERIENCES

### Academic Trip to National Museum

The School of Humanities at K. R. Mangalam University organized an “Academic Trip to National Museum, New Delhi” on 17/9/24 for students of B.A. Programme, B.A. (H) English, and B.A. (H) Chinese. The trip aimed to deepen students' understanding of India's historical and cultural heritage through diverse exhibits. The tour began with a visit to galleries showcasing various epochs of Indian history, with students particularly fascinated by the Indus Valley Civilization's seals. They also explored the

Buddhist Art Gallery, featuring sculptures and relics from the Maurya and Gupta periods, including the Ashoka Pillar. The visit ended at the Numismatic Gallery, where students examined ancient coins, shedding light on India's economic history and the evolution of its monetary system. The trip, supervised by Dr. Aditi, Dr. Ambika Bhatnagar, and Dr. Biatrisha Mukhopadhyay, enriched students' academic studies, offering deeper insights into India's cultural and historical legacy.



Students during the visit of National Museum



## Visit to Pradhanmantri Sangrahalaya

On 19th September 2024, the School of Humanities (SOHS), K.R. Mangalam University, organised an Academic trip to the Pradhanmantri Sangrahalaya, Teen Murti Marg Area, New Delhi, Delhi 110011, for all students from the three academic batches of the Political Science programme. The visit was coordinated by Dr. Minhaj Ahmed Khan and

Ms. Srishti Srivastava, Assistant Professors, SOHS. This visit offered students valuable insights into India's political history and the leadership of its Prime Ministers. Students explored the evolution of governance in India, the milestones in nation-building, and gained a deeper understanding of the challenges and achievements of Indian democracy.



Students posing for group photograph outside of Pradhanmantri Sangrahalaya

## CAREER CONNECT: INTERNSHIPS

**Name:** Mehak

Programme: B.A. (H) Economics, Vth Semester

Company/Institution Name: Harjinder Singh and Co.

Position: Account Intern

**Name:** Priyanshu

Programme: B.A. (H) Economics, Vth Semester

Company/Institution Name: Kshitiksha Foundation

Position: Content Writer

**Name:** Aastha Jha

Programme: B.A. (H) Economics, Vth Semester

Company/Institution Name: NITI AYOOG

Position: Research Intern

**Name:** Rohit Sharma

Programme: B.A. (H) Economics, Vth Semester

Company/Institution Name: Sigma research and consulting Pvt Ltd

Position: Data Analyst

**Name:** Charvi Sharma

Programme: B.A. (H) Economics, Vth Semester

Company/Institution Name: SR Capitals

Position: Finance Intern

**Name:** Ayush Singh

Program: B.A (Hons.) Psychology, Semester IV

Organization: Indian Mental Health and Research Centre



## COMMUNITY ENGAGEMENT: OUTREACH AND IMPACT

School of Humanities in KRMU have 53 officially registered members in NSS and Ms. Aakriti Bansal of B.A.(H) Economics with Research is selected as NSS- KRMU Vice President. The students of School of Humanities have participated in various community engagement programme organised by NSS, KRMU. The Glimpses of the events are given below:

### SWACHHTA HI SEVA CAMPAIGN

NSS- KRMU, launched “SWACHHTA HI SEVA CAMPAIGN” from September 17, 2024 to October 2, 2024. The dedicated volunteers came together to make the positive impact, contributing to a cleaner, healthier and more sustainable community. Volunteers visited the village Ghangola in Sohna, Tehsil district of Gurgaon, raising awareness and influencing people near the surrounding to keep the environment clean. Overall the campaign was a great help accomplishment with the helpful insights and morals for the volunteers.



Students involved in Cleanliness Drive in Ghanghola Village

### HINDI DIWAS, 2024

On the occasion of Hindi Diwas, 2024, NSS-KRMU organised an essay writing competition in Government School, Abhaypur on September 25, 2024. The event coordinators Amrit and Aakriti (SOHS) planned the successful event. The students at the primary school wrote essays based in their knowledge including several other activities like quizzes, singing and dancing with the students.



Students involved in Cleanliness Drive in Ghanghola Village

## STUDENTS PARTICIPATION IN HINDI DIWAS IN PRIMARY SCHOOL, ABHAYPUR

### Nukkad Natak on “MISSION 2.0, Promoting Awareness Regarding Nutrition and Education”

On September 30, 2024, NSS-KRMU hosted a Nukkad Natak on “MISSION 2.0, Promoting awareness regarding nutrition and education”. Student coordinators Maahi (SOHS) and Shubhi commenced the event meanwhile they begin with acknowledging the Importance of keeping up with the healthy lifestyle and enhancing overall quality of life with excellence in academics. During the event, considerable recommendations and suggestions were conveyed and discussed to make the audience aware that, “Education is our building block, nutrition is our foundation. They must go hand in hand.”



Students Participated in Nukkad Natak



## RESEARCH OUTPUT: RECENT PUBLICATIONS

Montserrat	Faculty Name	Title of the Publication	Category: Research Paper/Book/ Book Chapter/ Conference Presentation/ Conference Proceedings	Month/ Year of Publication	Publisher
1.	Prof. (Dr.) Tania Gupta	Making Ethical Decisions and Balancing Emotion And Rationality in Decision	Book Chapter	July 2024	In Kaushal, R. and Sharma, S. (2024) (Eds.). Navigating Life: Mastering Essential Skills Beyond the Classroom, Redshine Publication, Sweden, ISBN: 978-93-5879-858-6
2	Dr. Nudrat Jahan	The Psychosocial Effects of Complex Trauma: The Domestic Violence Perspective	Research Paper	July 2024	Journal of Indian Academy of Applied Psychology, Volume 50- Special Issue. ISSN 0019 4247. 273-284
3	Dr. Nudrat Jahan	A Review of Environmental Sensitivity, Cultural Influences, and Pro-Environmental Behavior Across Various Age Groups	Research Paper	August 2024	Rabindra Bharati Patrika Volume 15, Number- 8. ISSN 0937-0037. 113- 121
4	Dr. Nudrat Jahan	Psycho-social consequences of COVID-19 across age groups: A Systematic Review	Book Chapter	August 2024	In Uzaina, Varma, R., Pandey, R (Eds.) The Psychological After effect of COVID- Post pandemic complications and Interventions in India. Routledge. ISBN 9781032595016
5	Dr. Renu Verma, Ms. Rohini Kumari	The Role of Higher Education in Economic Development	Research Paper	July 2024	Jamshedpur Research Review
6	Ms. Rohini Kumari, Dr. Renu Verma, Mr. Deepak Kumar	"Catalyst of Change: An Exploratory Study on Assessing the Economic Ripples of Ram Mandir Construction"	Research Paper	August 2024	Juni Khyat, UGC Care List
7	Dr. Shikha Dutt Sharma	Study of Select works by European writers influenced by Indian Literature and Culture	Conference Presentations	Sept. 2024	Council for Teachers Professional Development (CTPD, India)
8	Dr. Madhurima Mukherjee	Exploring Emotional Intelligence and Self-Actualization through the Indian Knowledge System	Conference Presentation	28-29 Sep 2024	Second International Conference CTPDCON ERA 2024 Educational Reforms and Advancements

## FORTHCOMING EVENTS AND INITIATIVES

- Digital Humanities and Tech Integration: A Capacity Development Training Program.
- Connect & Collaborate: Capacity Development Training Programme on Mastering Interpersonal Communication.
- International Conference on "Envisioning the Future India: Opportunities and Challenges Ahead for Viksit Bharat 2047".
- Field Trip to the Institute of Human Behaviour and Allied Sciences (IHBAS) and Field Project on "Exploring Psychiatric Care and Psychological Interventions: A Study of Practices at IHBAS".
- Industrial Visit to The National Academy of Customs, Indirect Taxes and Narcotics (NACIN)/YAKULT and Field Project on "Economic, Regulatory and Marketing Strategies in the Context of Indirect Taxes and Probiotic Industries: A Comparative Study of NACIN and Yakult".
- Alumni Talk on "Intrapreneurship as a Mindset for Driving Innovation".
- Collaborative Research Project and Publication with New MoU Partner.







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