



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SCHOOL OF HUMANITIES

PERSPECTIVES

NEWS LETTER OCT - DEC - 2024



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EDITORIAL

Welcome to the latest edition of the SOHS Newsletter, where we celebrate the vibrant academic community of our School. At the School of Humanities and Social Sciences, our philosophy emphasizes critical thinking, creativity, and empathy—essential for understanding the complexities of human experience. We believe the humanities play a vital role in personal and societal development, evident in our curriculum.

Our programs in Literature, History, Political Science, Psychology, and Economics equip students to engage critically with the world, promoting reflection on global issues. By adopting an interdisciplinary approach, we help students make connections across fields, deepening their understanding of humanity. In an era dominated by technology, the humanities foster empathy, ethical reasoning, cultural awareness, and resilience. Our goal as educators is not just to impart knowledge, but to inspire students to become compassionate leaders, navigating modern challenges with perspective. Through the humanities, we prepare students to contribute to a more inclusive, thoughtful society.

In this edition, you'll find highlights on our Vision and Mission, Featured Articles, In the Spotlight, Celebrating Success, School Event Chronicles, Milestones in Faculty Achievements, Advancing Partnerships, insights from the Counseling Cell, Beyond the Classroom experiences, Career Connect, Community Engagement, Research Output, and announcements for upcoming events. Each section showcases 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.

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MESSAGE FROM THE LEADERSHIP



This edition captures the intellectual vibrancy, cultural diversity, and research-driven spirit that define our institution. At KRMU, we are committed to providing an education that extends beyond classrooms—one that fosters critical thinking, interdisciplinary learning, and real-world engagement to prepare students for an evolving global landscape.

Dear Readers,

It is with great pride that I present the October-December 2024 edition of Perspectives, the official newsletter of the School of Humanities at K.R. Mangalam University. This edition captures the intellectual vibrancy, cultural diversity, and research-driven spirit that define our institution. At KRMU, we are committed to providing an education that extends beyond classrooms—one that fosters critical thinking, interdisciplinary learning, and real-world engagement to prepare students for an evolving global landscape.

The past quarter has been marked by remarkable achievements within the School of Humanities. Our students continue to excel in diverse academic programs, including B.A. (Hons.) in English, Economics, Psychology, Political Science, and Chinese, developing analytical skills and a deep understanding of global perspectives. Beyond academics, our faculty and students have actively participated in community outreach programs, reinforcing our commitment to social responsibility and holistic education.

K.R. Mangalam University's next generation learning ecosystem seamlessly integrates academic excellence with experiential learning, offering students access to industry collaborations, research projects, expert lectures, seminars, and internships. With a strong emphasis on innovation, professional ethics, and leadership development, we continue to shape future leaders who can drive meaningful change.

I extend my sincere appreciation to the editorial team for their dedication in curating this insightful issue. I invite all readers to explore the inspiring stories and accomplishments within these pages, which truly reflect the vision and spirit of K.R. Mangalam University.

Warm Regards,

DR. RAHUL SHARMA

Registrar

K.R. Mangalam University

MESSAGE FROM THE DEAN



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.

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,

PROF. (DR.) TANIA GUPTA

Dean, School of Humanities

Director IQAC

Editor-in-Chief, PERSPECTIVES

SCHOOL OF HUMANITIES (SOHS) VISION AND MISSION

VISION

To attain international recognition by excelling in interdisciplinary education, research, and innovation.

MISSION

- To foster cross-curricular innovation, focusing on building a strong foundation of knowledge and skills.
- To instill lifelong learning among the students.
- To advance humanitarian goals of global peace, sensitivity, and cooperation through an inclusive and dynamic curriculum.
- To cultivate analytical and critical research skills, scientific inquiry, and creative thinking in students.
- To provide opportunities to students for acquiring language proficiency and socio-cultural-philosophical awareness.



IN SPOTLIGHT

The 18-Hour Workday Debate Vs. Invisible Labor of Women in India

Discussions on work culture, productivity, and burnout have been triggered by the recent controversy over Infosys founder Narayana Murthy's proposal that young Indians should work 70-hour weeks to spur economic growth. L&T Chairman S. N. Subrahmanyam added to this discussion by endorsing that extended workdays are necessary for the country's development. Although there are differing views on this issue, one important aspect has been mainly overlooked: the unpaid care work that most women do every day—often for more than eighteen hours—without acknowledgment or compensation.



DR. SRISHTI SRIVASTAVA
Assistant Professor, Political
Science, School of Humanities

Millions of Indian women dedicate countless unseen hours to household tasks such as cooking, cleaning, caregiving, and managing their homes, all without financial compensation or wage. This highlights the urgent need to address the gendered dimensions of employment, the unpaid care economy, and the reasons why the discourse on an 18-hour workday remains largely exclusionary—especially for Indian women who are also part of the formal workforce.

Capitalist work cultures are firmly rooted in the belief that economic success results from hard work. In the past, prolonged work hours have contributed to the rapid economic expansion of nations like South Korea and Japan. However, the socioeconomic conditions in India are very different, and disparities in employment participation already exist. India has one of the lowest female labor force participation rates (FLFPR) in the world because women are excluded from the formal workforce due to cultural norms, safety concerns, and household duties. For women who already juggle caregiving and professional obligations, advocating for a 70-hour workday is unreasonable.

Another critical factor influencing workplace culture is the urban-rural split. India's corporate elite, who support more extended workdays, work in affluent, urbanized environments with plenty of domestic help. The argument is pointless for working-class women and rural laborers, who already put in 14–16 hours a day juggling childcare, household duties, and agricultural labor without getting credit.

The Unpaid Care Work Crisis

The double burden, sometimes known as the second shift, is a well-known phenomenon in which women balance professional work and household duties. Women provide 3.26 billion hours of unpaid care work daily, worth around ₹19 lakh crore annually, according to Oxfam India (2020). While the

global average is three times, Indian women spend ten times as much time providing unpaid care as males. If unpaid care work were monetized, it would contribute over 7.5% of India's GDP. Despite its economic importance, unpaid labor is still hardly discussed in the workplace or policymaking. The argument for an 18-hour workweek ignores the excessive workload that women now face.

The narrative surrounding long work hours primarily benefits corporations that see increased productivity but at the cost of employee well-being. The absence of workplace policies recognizing caregiving

responsibilities disproportionately affects women and single parents. The gender gap in leadership roles means that most decision-makers advocating for long hours are men who do not experience the same household burden. Furthermore, by ignoring unpaid care work in economic calculations, investment in social infrastructure like childcare, elder care, and parental leave is sidelined. This narrative reinforces patriarchal structures where only paid labor is seen as valuable, while women's invisible labour is taken for granted.

Indian women encounter substantial social and economic obstacles due to unpaid caring duties. Many are compelled to select flexible, low-paying employment or take professional interruptions, which restricts their ability to advance in their careers. Their general health is impacted by the strain of unpaid labor, which also causes mental and physical tiredness. Furthermore, women's bargaining power within households is diminished by their lack of financial independence, which furthers gender inequality.

A Sustainable and Inclusive Work Culture

Instead of glorifying extended work hours, India must focus on a sustainable and inclusive work culture. Additionally, recognizing and redistributing unpaid care work is crucial. The 2020 Time Use Survey by the Government of India should be integrated into national economic policies to formally account for unpaid work in GDP calculations. Encouraging men to take on more household and caregiving responsibilities can also bring about meaningful change. Besides, investing in social infrastructure, such as publicly funded childcare centers, community kitchens, and elderly care support, can ease household burdens, allowing more women to join and sustain employment.

Nordic countries such as Sweden, Norway, and Finland recognize unpaid care work in economic policies and provide

affordable childcare, generous parental leave, and work-life balance policies. We can draw lessons from these countries to create a more balanced, gender-inclusive workforce. Before discussing how many hours people should work, we must recognize, redistribute, and reduce unpaid labor,

especially for women. Establishing a fair workplace culture where all paid and unpaid work is appreciated equally will lead to actual economic development. Rather than working longer hours, the real issue is to work more effectively, fairly, and inclusively.

Economic Novelty: C.R.I.S.P.R. -Catalyst of Growth & Development

CRISPR, which stands for Clustered Regularly Interspaced Short Palindromic Repeats, is a revolutionary gene-editing technology that has transformed biological research and medical applications. Developed from a natural defense mechanism found in bacteria, CRISPR allows scientists to precisely edit specific DNA sequences within organisms. The CRISPR-Cas9 system, in particular, has gained widespread attention for its simplicity, efficiency, and versatility.

While primarily a scientific advancement in microbiology and genetics, CRISPR also has profound implications for economic growth and development on national, international, and holistic scales. By accelerating advancements across multiple industries, CRISPR is emerging as a key driver of economic progress.

CRISPR as an Economic Growth Stimulator

The introduction of CRISPR has led to significant advancements in various sectors, contributing to economic growth and development in multiple aspects. Below are some key areas where CRISPR has catalyzed economic advancements:

Agriculture and Food Industry: Higher Crop Quality

CRISPR is enabling the development of genetically modified crops that require fewer resources, are more environmentally friendly, and have enhanced resistance to diseases and pests. This not only increases agricultural efficiency but also boosts food security, particularly in regions where crop cultivation is challenging.

■ **Economic Value:** The global market for CRISPR-edited crops is projected to reach \$2.5 billion by 2026, driven by the demand for high-quality and sustainable agricultural production.

■ **Rural Development:** Enhanced agricultural productivity due to CRISPR can lead to increased incomes for farmers, stimulating economic growth in rural areas, reducing poverty, and promoting social stability.

■ **Healthcare and Medicine:** Transforming Therapeutic Approaches

CRISPR holds the potential to tackle genetic disorders such as Down syndrome, sickle cell anemia, and certain forms of cancer. By enabling precise gene modifications, CRISPR-based therapies are paving the way for personalized medicine, where treatments are tailored to an individual's genetic makeup.

■ **Economic Savings:** By potentially curing or significantly mitigating genetic diseases, CRISPR-based therapies could reduce long-term healthcare costs associated with chronic conditions, leading to substantial economic savings for

healthcare systems.

■ **Job Creation:** The expansion of CRISPR-based research has created numerous high-skill job opportunities in medicine, biochemistry, and genetic engineering, further fueling economic growth.

■ **Biotechnology and Pharmaceutical Industries:** Driving Innovation and Investment

CRISPR has become a focal point for investment and innovation in the biotechnology and pharmaceutical sectors. It has accelerated the drug discovery and development process, reducing both time and costs associated with bringing new therapies to market.

■ **Investment and Funding:** The CRISPR industry has attracted significant investments from venture capitalists, pharmaceutical companies, and governments. In 2020 alone, CRISPR-based companies raised over \$3.7 billion in funding, reflecting strong investor confidence in the technology.

■ **Growth and Market Share:** The global CRISPR market was valued at approximately \$1.6 billion in 2021 and is expected to reach \$10.8 billion by 2028, with a compound annual growth rate (CAGR) of 30.9%.

■ **Drug Development:** CRISPR has significantly enhanced the speed and efficiency of drug discovery, increasing the pipeline of potential treatments and contributing to the expansion of the pharmaceutical industry.

Conclusion

CRISPR has ushered in a new era of technological innovation and economic possibilities. Its impact on economic growth, investment, and productivity is undeniable. As the technology continues to evolve and mature, its economic contributions are expected to expand further, offering solutions to some of the most pressing global challenges in healthcare, agriculture, and industrial biotechnology. The rapid advancements in CRISPR technology underscore the importance of fostering a supportive environment for research, commercialization, and ethical governance. By leveraging CRISPR's full potential, societies can drive sustainable and inclusive economic growth, paving the way for a future where science and economics work hand in hand to improve human well-being.

ARNAV SINGH RATHOD

Student Editor, Perspectives

B.A. (H) Economics

Semester-IVth

Is a Degree Still the Gamechanger for Success?

For generations, our parents emphasized the importance of earning a college degree, believing it to be the key to success. But does this traditional view still hold true in today's evolving world? A study by Career Foundry revealed that 10% of the wealthiest entrepreneurs in the U.S. are college dropouts. This raises an important question: Is a degree truly a gamechanger, or are there alternative pathways to success?

Gen Z challenges the traditional "degree-first" mindset, preferring an active learning environment where they can explore topics of interest independently. With advancements in technology, globalization, and shifting societal values, education is no longer confined to the four walls of a classroom. Instead, real-world experiences, internships, and self-directed learning have gained prominence, offering valuable alternatives to conventional degrees.

Unlike previous generations, Gen Z increasingly views a degree not as a necessity but as a tool to access specific career paths. Rooted in individual empowerment and adaptability, they perceive education as a means of personal growth rather than just a credential. While a degree offers career opportunities, specialized skills, and progression, Gen Z has discovered alternative ways to gain expertise in their chosen fields while simultaneously developing holistically as individuals. Rather than focusing solely on theoretical knowledge and lab experiments, Gen Z values practical, hands-on learning. This inclination pushes them to dig deeper beyond textbooks and engage with real-world applications of their knowledge. Moreover, they

advocate for an education system that incorporates mental health, emotional intelligence, physical well-being, and spiritual growth alongside intellectual development. The rapid growth of the IT sector has further democratized access to education, making learning opportunities widely available beyond traditional institutions. So, is earning a degree necessary for success, or is it merely a myth? According to statistics from the Pew Research Center, individuals without a college degree are more likely to live below the poverty line than degree holders. While a degree is not the sole determinant of success, data suggests that those without higher education often face financial instability, limited career prospects, and a reduced quality of life. However, skills, determination, networking, and alternative opportunities outside traditional education can also lead to success for those who take unconventional paths.

In conclusion, having a degree does not define an individual's worth or ultimate success. Instead, it provides stability—an essential factor for leading a secure and comfortable life. While alternative learning paths are becoming more viable, formal education still offers a structured route to career advancement and financial security. The key lies in balancing traditional education with practical experience and continuous self-improvement.

AAKRITI BANSAL

B.A. (Hons/Hons with Research) Economics

Semester-IVth

SCHOOL EVENT CHRONICLES

Workshop on Social Impact Ventures: Entrepreneurship Opportunities within Humanities

The School of Humanities (SOHS) and K.R. Mangalam Entrepreneurship and Incubation Centre (KEIC) successfully hosted a workshop on "Social Impact Ventures: Entrepreneurship Opportunities within Humanities" on 21st October 2024. Convened by Prof. (Dr.) Tania Gupta, the event featured distinguished speakers Dr. Christine Samandari-Hakim, Ph.D. in Social Psychology, former Head of the European and Francophone Branch of the Bahá'í International Community's Office of Public Information, and co-founder of L'Opéra in India and Dr. Kazem Samandari Ph.D. in Industrial Economy, over 45 years of global entrepreneurial experience, co-founder

and Executive Chairman of L'Opéra, and co-founder of the Trajectories of Hope Foundation. Key attendees included Dr. Anshika Prakash (KEIC Director) and Dr. Rahul Sharma (Registrar) at workshop. The workshop explored socially responsible entrepreneurship, emphasizing the integration of humanitarian values in business. Drawing from global experiences, the speakers discussed gender equality, economic balance, and unity in diversity. Students also showcased their innovative business ideas. The session concluded with a Q&A, followed by the Registrar presenting mementos to the guests, including sapling plants, as a token of appreciation.



Dr. Rahul Sharma (Registrar) Felicitating the guest at the event



Dr. Christine Samandari-Hakim taking the session at the event

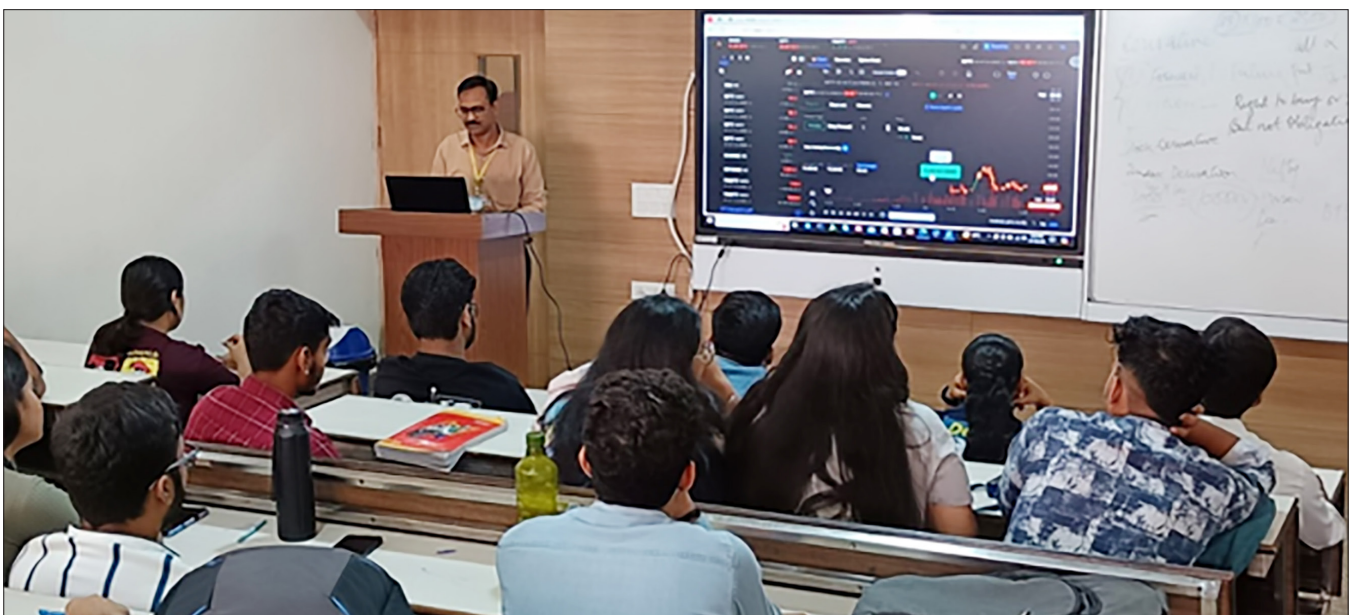


The resource person Dr. Christine Samandari-Hakim & Dr. Kazem Samandari in discussion with the Hon'ble Vice Chancellor, Prof. (Dr.) Raghuvir Singh

Risk Reapers - Online Derivative Trading

The Investment Club organized an insightful workshop titled "Risk Reapers - Online Derivative Trading" aimed at educating students about the complexities and strategies involved in online derivative trading. The workshop was taken by Dr. Nizamuddin (Assistant Professor, SOMC). Dr. Nizamuddin began the workshop by breaking down the concept of derivatives, making it accessible to all participants, regardless of their prior knowledge. The interactive nature of the session allowed students to engage directly with the

content, with many asking questions and participating in discussions. The live demonstration of an online trading platform was given to the students to explore the concepts practically. Dr. Nizamuddin emphasized the importance of disciplined trading and effective risk management, sharing real-world examples to illustrate these points. The event fostered an environment of learning and engagement, setting a strong foundation for future investment-related activities organized by the Investment Club.



Dr. Nizamuddin taking the session during the event

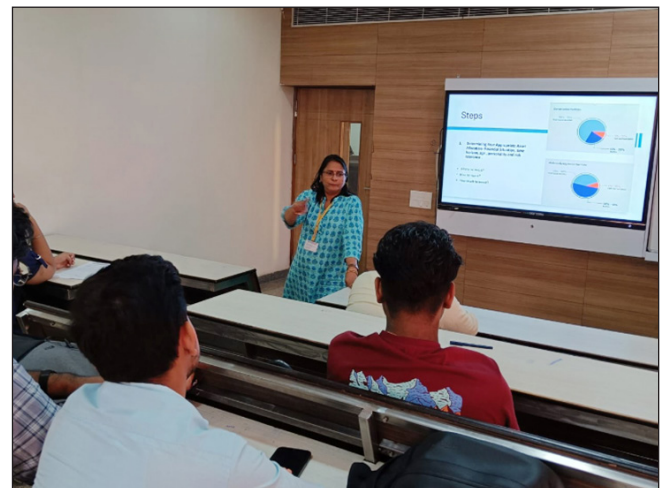


Students and coordinators posing for the group photograph

Wealth Wizard: Portfolio Building

On 18th October 2024, the Investment Club of K.R. Mangalam University organized an insightful event titled "Wealth Wizard: Portfolio Management". This event aimed to provide students with practical knowledge and skills in portfolio management, focusing on wealth creation and

effective investment strategies within financial markets. The session was led by Dr. Renu Verma, Professor at the School of Humanities, who shared her expertise on building and managing an investment portfolio that strikes a balance between risk and return.



Prof. (Dr.) Renu Verma discussing with students during her session

CELEBRATING SUCCESS : STUDENT ACHIEVEMENTS



Aryan Anand, B.A. (Hons.) Economics student in his first semester, presented his research titled "Evaluating Green Banking Initiatives in India: A Comparative Study of Public vs. Private Sector Banks" at Bennett University's ICEBS-2024 conference. Collaborating with Prof. Dr. Renu Verma, he analyzed sustainability practices in the banking sector, offering insights into the evolving landscape of environmental and business paradigms. His presentation contributed to critical discussions on green banking and corporate responsibility in financial institutions.



Divyansh, B.A (Hons) Political Science IV Semester, showcased exceptional oratory skills and secured 1st position in the Intra-University Extempore Competition. His ability to think on her feet and deliver a compelling speech highlights her confidence and eloquence.



Niksha Agarwal, B.A. (Hons.) Political Science, VI Semester, secured the Gold Position in the 4th Gurgaon Open National Taekwondo and Karate Championship, held in September 2024. Her outstanding performance and dedication to martial arts reflect her exceptional skill and perseverance in the sport.

IN FOCUS: OUR ALUMNI' CONTRIBUTION

Intrapreneurship: The Secret Superpower Every College Student Needs

MS. ADRIJA MUKHERJEE

Educator and Guiding Counsellor,

Alumni, M.A. Psychology, Batch 2023-24

Innovation is the driving force behind the success of any organization, and while entrepreneurship often takes centre stage, intrapreneurship is an equally powerful concept that fuels innovation from within a company. Intrapreneurship refers to the ability of employees to think and act like entrepreneurs within an organization, bringing creative ideas, problem-solving abilities, and leadership skills to drive positive change. Unlike entrepreneurs, who build their own businesses, intrapreneurs innovate within an existing company, taking ownership of projects that improve efficiency, create new products, or redefine business strategies. For businesses, intrapreneurs are invaluable because they drive change without requiring external investment. They help companies stay competitive, adapt to new market trends, and explore creative solutions to challenges. Companies like Google, 3M, and Facebook have thrived because of intrapreneurial employees who developed revolutionary products, such as Gmail and Post-it Notes, while working within their organizations. As industries continue to evolve rapidly, businesses increasingly seek individuals who possess an intrapreneurial mindset—those who take initiative, embrace risk, and develop innovative solutions.

Why College Students Should Learn About Intrapreneurship

College students are often encouraged to think about entrepreneurship—starting their own ventures and becoming business owners. However, not everyone wants to or is ready to take on the financial risks and challenges of running an independent business. This is where intrapreneurship becomes an exciting and practical alternative. By developing intrapreneurial skills, students can learn how to innovate, lead, and create value within an organization, setting themselves apart as future leaders in any industry. Many of the skills required for intrapreneurship—problem-solving, adaptability, creativity, collaboration, and leadership—can be developed during college. Universities are the perfect environment for students to start thinking like intrapreneurs, as they provide access to projects, internships, and leadership opportunities where students can test their ideas and take initiative. Learning intrapreneurship early prepares students to contribute meaningfully to companies and even take advantage of internal innovation programs in their future careers.

How College Students Can Develop an Intrapreneurial Mindset

1. Take Initiative in Academic and Extracurricular Activities

One of the best ways to develop intrapreneurial skills is by stepping up and taking responsibility for projects, whether in class, student organizations, or internships. Students should actively seek opportunities to solve problems, improve processes, or introduce new ideas within their college communities. Organizing events, leading student clubs, or launching initiatives within existing organizations helps build confidence in taking ownership of projects.

2. Think Critically and Solve Problems Creatively

Intrapreneurs are problem-solvers who challenge the status quo. College students should train themselves to identify gaps or inefficiencies in their surroundings and think of innovative ways to address them. Whether it's finding a new way to streamline student services, enhancing a club's operations, or proposing a more effective study method, small acts of problem-solving build the mindset of innovation.

3. Pursue Internships and Work on Real-World Projects

Internships provide invaluable hands-on experience and expose students to how businesses operate. Instead of just completing assigned tasks, students should actively look for ways to improve processes or contribute fresh ideas. Employers appreciate interns who go beyond their job descriptions and offer innovative suggestions, a clear indicator of intrapreneurial thinking.

4. Develop a Risk-Taking Mindset

Taking calculated risks is a crucial part of being an intrapreneur. College is a safe space for students to experiment, fail, and learn. Whether it's launching a campus initiative, proposing a new student service, or even suggesting innovative changes in part-time jobs, students should not shy away from taking risks and learning from their experiences.

5. Network and Learn from Industry Leaders

Connecting with professionals, attending entrepreneurship and innovation workshops, and engaging in mentorship programs can help students understand how intrapreneurship works in real-world businesses. Many companies host innovation challenges or hackathons that allow students to showcase their ideas—these are great platforms for aspiring intrapreneurs to gain exposure and experience.

6. Stay Curious and Keep Learning

Intrapreneurs thrive on continuous learning and adaptability. Reading about business trends, staying updated on technological advancements, and engaging with industry case studies help students develop a forward-thinking

mindset. Courses in business, leadership, or design thinking can further enhance their ability to think strategically and innovate.

Conclusion

Intrapreneurship is an essential mindset that prepares individuals to be proactive, innovative, and valuable assets in any organization. For college students, developing this mindset early can significantly enhance career prospects

by making them more attractive to employers and better equipped to lead change. By taking initiative, embracing challenges, and seeking opportunities for creative problem-solving, students can cultivate the skills needed to drive innovation from within organizations. Whether they choose to become entrepreneurs or intrapreneurs, the ability to think critically, take risks, and innovate will always be a powerful tool for success.

MILESTONES: FACULTY ACHIEVEMENTS

Jyas Foundation celebrated International Girl-Child Day 2024 at Gitanjali Auditorium, Delhi Public Liabarary (HQ) Delhi , along with it principal partners National Service Scheme (NSS) of Delhi University and K R Mangalam University and also it's sub organisers Gyan Aarmbh Educational Trust, Life Changing Educational and Charitable Trust, Geeta Charitable Foundation, Hope Ek A.S.H.A. and Health Partner Navneesh Dental Clinic. In the presidential address of the celebration Dr Shikha Dutt Sharma IQAC Coordinator KR Mangalam

University spoke on the theme "Girls' Vision for the Future" highlighting the need for action, hope and the power of girls' voices to shape a better future.

On this occasion Vijay Gaur facilitated Dr Shikha Dutt Sharma with National Women Leadership Award 2024, Assistant Professor, SOHS and IQAC Coordinator KR Mangalam University for her outstanding valuable services in the society.



National Women Leadership Award (Oct. 2024) Presented by Bhagidari Jan Sahiyog Samiti(REGD.)

COUNSELLING AND MENTAL WELLNESS CENTRE (WE DOST)

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. Mangalam University

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

- 1. Individual Counselling:** Students and staff members can schedule private sessions with counsellors to discuss personal, academic, or emotional concerns.
- 2. 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.
- 3. 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.
- 4. 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.



CAREER CONNECT: INTERNSHIPS



Aryan Anand successfully completed a Management Trainee internship at Marshee Pet Tech in the Founder's Office (Aug 1 – Nov 18, 2024). During this period, he gained hands-on experience in brand strategy, recruitment, marketing, and research, actively contributing to impactful projects in a fast-paced startup environment. His role allowed him to develop essential business skills while understanding the dynamic intersection of innovation and management in the pet tech industry.



Anushka Thapliyal, B.A. (Hons.) Political Science, VI Semester, has been selected as a Features Intern during the Internship Program (July 1 – September 30, 2024). As part of a dynamic and ambitious team, she will contribute to insightful reports and feature articles on critical issues. This opportunity will allow her to refine her journalistic skills and gain hands-on experience in research and writing.



Aastha Jha, B.A. (Hons.) Economics, VI Semester, has completed my internship at NITI Aayog as a Research Intern in the Economics and Finance Vertical. One of the highlights of her internship was assisting with the preparation of the UKIIFB report and managing the guest list for the UKIIFB meeting. Also contributed to the Kenya-India meeting by developing materials that focused on financial commission aspects.

COMMUNITY ENGAGEMENT: OUTREACH AND IMPACT

School of Humanities in KRMU have 53 officially registered members in NSS. The students at School of Humanities have participated in various community engagement programme organised by NSS, KRMU. The Glimpses of the events are given below:

1.Exploring Care: A Visit to Ayushman Hospital

The NSS unit of K.R. Mangalam University organized a visit to Ayushman Hospital, Gurgaon, on 22nd October 2024. The event, titled "Exploring Care: A Visit to Ayushman Hospital," provided NSS volunteers with an invaluable opportunity

to gain practical exposure to healthcare practices. During the visit, students observed various medical processes and engaged in learning activities under the guidance of hospital professionals.

This hands-on experience helped the participants understand the dynamics of patient care and hospital management. Coordinated by Dr. Neeraj Kumari and Mr. Thomas Monteiro, with student coordinators, the initiative aimed to enhance the volunteers' understanding of community healthcare services and their contribution to society.



Students of SOHS organising and Participating in the event

Constitutional Rights and Duties

On the occasion of Constitution Day, K.R. Mangalam University, in collaboration with the Legal Aid Committee, organized a session on "Constitutional Rights and Duties" at Govt. Sr. Sec. School, Abheypur, on 26th November 2024. The event aimed to spread awareness about the significance of the Constitution and educate participants on their fundamental rights and duties as citizens. With Dr. Arti Sharma as the resource person and Dr. Neeraj Kumari as the convenor, the session focused on empowering students and attendees with knowledge about constitutional principles. The initiative highlighted the importance of being informed citizens, fostering a sense of responsibility and awareness among participants.





Students of SOHS participating in the event of constitutional rights and duties

Shakti Ki Udaan: Betiyan Banayein Mahaan

On the occasion of promoting gender equality and empowerment, K.R. Mangalam University organized a Nukkad Natak titled "Shakti Ki Udaan: Betiyan Banayein Mahaan" at Berka Village, Sohna, on 29th November 2024. The event aimed to spread awareness about the importance of empowering girls and breaking societal stereotypes.

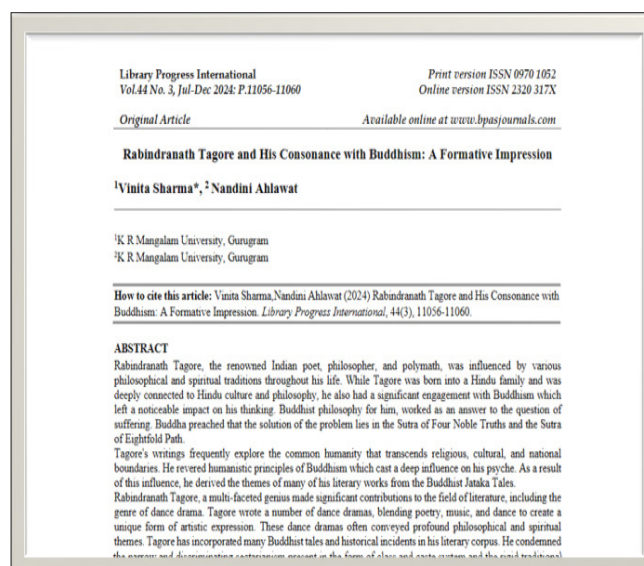
Through a powerful street play, participants highlighted the significance of providing equal opportunities to girls in education, career, and personal growth. The initiative inspired the audience to value the role of girls in building a progressive society and foster an environment of equality and respect.



Students Participating the Nukkad Natak organised by SOHS

RESEARCH OUTPUT: RECENT PUBLICATIONS

S.No	Faculty Name	Title of the Publication	Category: Research Paper/Book/Book Chapter/Conference Presentation/Conference Proceedings	Month/ Year of Publication	Publisher
1	Vinita Sharma (Research Scholar), Dr. Nandini Ahlawat (Assistant Professor, SOHS)	Rabindranath Tagore and His Consonance with Buddhism: A Formative Impression	Research Paper	Dec 2024	Library Progress International Vol.44 No. 3, Scopus
2	Ms. Kashish Pandey	Metacognitive Skills in Learning and Pedagogy: a Systematic Review and Analysis	Research Paper	Dec 2024	Journal of cognition and culture, Scopus, WoSW
3	Dr. Shikha Dutt Sharma	The Role of Physiotherapy in the Works of Franz Kafka: A Literary Perspective on Pain and Rehabilitation.	Research Paper	Dec 2024	Published in Cuest. fisioter. 2024.53 (3):3587-3594 (Scopus) in year 2024.
4	Ms. Rohini Kumari, Dr. Renu Verma, Dr. Shikha Dutt Sharma, Mr. deepak Kumar	Advancing Gender Equality through Budgetary Allocation	Research Paper	Dec 2024	Published in Communication on Applied Non Linear Analysis ISSN: 1074-133X Scopus



ANNOUNCEMENTS: FORTHCOMING EVENTS AND INITIATIVES

- Exploring Our Heritage: An Academic Journey to the Qutub Complex
- Workshop on "Innovate and Elevate: Entrepreneurial Insights and Strategies" in collaboration with KEIC
- FDP in collaboration with IQAC, K.R Mangalam University on "Enhancing Research Quality: Qualitative Data Analysis and Insights in Social Sciences"
- Workshop on "Mastering Emotions: Unlocking Professional Communication Skills for Success"
- Training Programme on "Breathe, Balance, Thrive: Life Skills through Yoga"
- Workshop on "Effective Writing and Publishing in High-Impact Journals"
- Orientation Programme on "Counselling Skills for Teachers to Support Holistic Student Development" under the aegis of IQAC



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