



SDG 3: Good Health and Well-being (Report 2023-24)

The United Nations Sustainable Development Goal 3 (SDG 3) emphasizes ensuring healthy lives and promoting well-being for all at all ages. While global progress continues, disparities in access to healthcare and wellness opportunities remain a challenge. K.R. Mangalam University, situated in the scenic Aravalli foothills of Gurugram, stands as a multidisciplinary institution deeply committed to advancing the objectives of SDG 3. The University's lush, eco-friendly campus provides a conducive environment for holistic growth and well-being. Through its dedicated academic units—such as the **School of Medical and Allied Sciences, School of Physiotherapy and Rehabilitation Sciences, School of Basic and Applied Sciences** and **School of Liberal Arts**—K. R. Mangalam University fosters education, research, and innovation in the domains of public health, clinical and allied health sciences, biomedical research, mental health and well-being, physical rehabilitation, and holistic wellness practices. Through interdisciplinary learning, community outreach, and evidence-based research initiatives, the University actively contributes to the realization of Sustainable Development Goal 3: Good Health and Well-being, ensuring that health and wellness remain integral to its academic and social mission.

School of Medical and Allied Sciences

<https://www.krmangalam.edu.in/school-of-medical-and-allied-sciences/>

The School of Medical and Allied Sciences (SMAS) at K.R. Mangalam University offers a wide range of undergraduate, postgraduate, doctoral, and diploma programmes aimed at preparing skilled and compassionate healthcare professionals. With the motto “Healing Hands, Advancing Health—Shaping Future Healthcare Leaders,” SMAS provides a holistic education that integrates strong academic foundations with hands-on clinical experience.

Its innovative curriculum combines theoretical knowledge, research-based learning, and practical training using advanced diagnostic technologies. Students benefit from modern laboratories, clinical exposure, and expert mentorship, enabling them to meet the evolving demands of the healthcare industry. Through strong industry collaborations and experiential



learning, SMAS nurtures future-ready professionals dedicated to excellence, innovation, and patient-centred care.

SMAS plays a key role in advancing healthcare education and service delivery. The school offers a comprehensive range of programmes, including:

- **Diploma in Pharmacy (D.Pharm)**
- **Bachelor of Pharmacy (B.Pharm)**
- **Master of Pharmacy (M.Pharm.)**
- **Bachelor of Physiotherapy (BPT)**
- **B.Sc. (Hons.) Respiratory Technology** (*with academic and industry support from Emversity*)
- **B.Sc. (Hons.) Cardiovascular Technology** (*with academic and industry support from Emversity*)
- **Ph.D. in Pharmacy and Allied Health Sciences**

Key Highlights:

- **Comprehensive Training:** Students learn through advanced simulation labs, hospital tie-ups, and clinical internships that provide real-world exposure.
- **Community Health Outreach:** Regular free medical and wellness camps are organized in nearby villages under the University's Social Responsibility (USR) initiatives.
- **Research & Innovation:** Faculty and students actively engage in projects focusing on non-communicable diseases, nutrition, physiotherapy, and drug development.
- **Skill Development:** Emphasis on empathy, ethics, communication, and patient care prepares students to be compassionate healthcare professionals.

School of Physiotherapy and Rehabilitation Sciences

<https://www.krmangalam.edu.in/schools/school-of-physiotherapy-and-rehabilitation-sciences/>

The **School of Physiotherapy and Rehabilitation Sciences (SPRS)** at **K.R. Mangalam University** is a centre of excellence dedicated to developing skilled and compassionate healthcare professionals who contribute to a healthier society through effective, evidence-based, and accessible care. The undergraduate programme blends clinical instruction, ethical healthcare



practices, and experiential learning through internships, simulation training, and research exposure. With **state-of-the-art laboratories, high-tech physiotherapy equipment, and experienced faculty mentors**, SPRS provides a dynamic learning environment that nurtures clinical expertise and diagnostic skills. Through collaborations with leading hospitals and rehabilitation centres, students gain valuable real-world experience, shaping them into empathetic, research-driven professionals ready to excel in the healthcare sector.

School of Basic and Applied Sciences

<https://www.krmangalam.edu.in/school-of-basic-and-applied-sciences/>

The **School of Basic and Applied Sciences (SBAS)** at **K.R. Mangalam University** integrates the wonders of science with real-world applications, creating an environment where curiosity, experimentation, and critical inquiry thrive. The school acts as a catalyst for transforming scientific knowledge into practical innovation through its dynamic and interdisciplinary programmes.

Offering a diverse range of undergraduate programmes in **Physics, Chemistry, Forensic Science, Computer Science, and Mathematics**, SBAS equips students with conceptual understanding and hands-on experience in cutting-edge laboratories. The curriculum is thoughtfully designed to combine theory with experimentation, enabling learners to explore, innovate, and apply their knowledge to real-life challenges.

SBAS is deeply committed to fostering **scientific research, technological advancement, and interdisciplinary learning**, nurturing the next generation of **scientists, innovators, and leaders** who will drive progress across the scientific and industrial landscape.

School of Liberal Arts- Psychology Programmes

<https://www.krmangalam.edu.in/schools/school-of-liberal-arts/>

The **School of Liberal Arts** at **K.R. Mangalam University** offers an interdisciplinary platform for exploring global human values, cultures, and societies through thoughtfully designed programmes in **psychology, economics, literature, and political science**. These programmes



cultivate **critical thinking, creativity, cultural understanding, and ethical sensitivity**, preparing students to engage meaningfully with contemporary global issues.

Through a blend of **research-oriented learning, experiential pedagogy, and cross-cultural exposure**, students develop intellectual depth and social awareness. Supported by expert faculty, advanced learning resources, and a holistic academic environment, the School of Liberal Arts nurtures future-ready individuals who contribute responsibly and innovatively to the progress of society.

The School of Liberal Arts significantly contributes to mental health awareness and emotional well-being through its **Master of Arts (M.A.) Psychology** and **Bachelor of Arts (B.A.) (Honours) Psychology** programmes. These courses equip students with evidence-based psychological knowledge and practical counselling skills to address contemporary mental health challenges.

Key Initiatives:

- **Counselling and Well-Being Centre:** Provides confidential psychological counselling for students, faculty, and staff, fostering a supportive campus culture.
- **Awareness Campaigns and Workshops:** Regular sessions on stress management, resilience, emotional regulation, and mental health literacy.
- **Research Projects:** Focused studies on youth mental health, behavioural change, social psychology, and emotional well-being.
- **Community Outreach:** Collaborations with NGOs and schools to deliver mental health awareness and counselling support in both rural and urban communities.



3.1 RESEARCH ON HEALTH & WELL-BEING

K.R. Mangalam University has shown significant progress in advancing research related to **Good Health and Well-being** under SDG 3. Between 2014 and 2024, the University produced 1,042 Scopus-indexed publications, of which 169 are directly aligned with SDG-3. These works collectively received **2,328 paper views**, with a **citation index of 17.89** and a **Field Citation Average of 7.14**, reflecting both productivity and research influence in the domain of health sciences.

3.1.1 Good Health and Well-being – Paper Views

The SDG-3 aligned publications of K.R. Mangalam University have achieved **2,328 total paper views**, indicating strong global visibility and readership of its research on health and well-being. The increasing engagement demonstrates the relevance of the university's research to contemporary healthcare challenges and its contribution to knowledge sharing within the international scientific community.

3.1.2 Clinical Citations

The University's SDG 3 publications have attained a **citation index of 17.89**, signifying substantial influence in clinical and health-related research. These citations highlight the applicability of the University's work in evidence-based practices, medical advancements, and clinical guidance, strengthening its role in translating academic research into healthcare solutions.

3.1.3 Good Health and Well-being – Publications

Out of 1,042 total Scopus-indexed papers, **169 publications** focus on SDG 3 themes, supported by a **Field Citation Average of 7.14**. This reflects both the volume and quality of the University's research output in health and well-being. The consistently high citation performance underlines K.R. Mangalam University's growing impact and leadership in promoting research that addresses global health priorities and contributes to sustainable societal development.



3.2 NUMBER GRADUATING IN HEALTH PROFESSIONS

3.2.1 Proportion of Graduates in Health Professions

K.R. Mangalam University is strongly inclined towards promoting, SDG 3 – Good Health and Well-being under the gamut of health-centric education. The University provides programmes catering to various facets of wellbeing. The School of Medical and Allied Sciences (SMAS) at K.R. Mangalam University offers a range of programmes including D.Pharm., B.Pharm., and BPT, covering diverse areas of medical and applied sciences. Meanwhile, programmes such as M.A. Psychology and B.A. (Hons.) Psychology is offered under the School of Humanities (now School of Liberal Arts), which focuses on holistic education and research in human behaviour and psychological sciences.

These are not just courses — they are designed to educate students on how to understand, support and promote physical and mental health in real-life situations. By teaching the next generation of health professionals, therapists and psychologists’ hands-on skills alongside a deep social consciousness, the University fosters their capacity to lead change for health and wellbeing. Going beyond these foundational programmes, K. R. Mangalam University incorporates health-related components throughout the curriculum of different courses so that students from diverse disciplines are sensitized and involved with concern for wellness, care and community health. This is part of the University’s holistic belief that health and well-being are not simply things to be striven for, but shared obligations.

Number of Graduates	Number of Graduates in Health Profession	Proportion of Graduates in Health Professions
671	● 125 (SMAS) ● 32 (SOHS- Psychology) ● 188 students in (Health Related Courses) Total: 345	51.12%



3.3 COLLABORATIONS AND HEALTH SERVICES

K.R. Mangalam University (K. R. Mangalam University) has established successful linkages with well-established hospitals, research institutions, and national and international organizations through Memorandum of Understanding (MoUs). The collaborations aim to promote professional development, research, innovation and academic excellence in accordance to the mission of the University which is to nurture experiential and outcome-based learning. To accomplish SDG 3, much of these partnerships are particularly focused on strengthening health professional education, research, and service to communities.

3.3.1 Current Collaborations with Health Institutions

The University has entered 23 MoUs with leading academic institutions and hospitals. The mission is to integrate research-based knowledge with clinical practice. These types of relationships offer students an excellent opportunity to intern, receive hands-on training and exposure to various medical specialties in actual healthcare practices.

The MoU with **Polaris Hospital, Gurugram, Haryana** operationalized since 2021, is instrumental in providing clinical internships and hands-on training to students of the School of Physiotherapy and Rehabilitation Sciences. When students can see the inside of a real-world health care setting, they learn better and can apply what they've learned in the classroom. This collaboration enables students of health profession programmes at K.R. Mangalam University to gain a greater understanding of operations in healthcare and enhances their practical acumen.

The MoU with **Medox Hospital, Gurugram, Haryana** and **Ektaa Hospital, Gurugram, Haryana** since 2022, is enabling our students of physiotherapy to learn the physiotherapy process better and provides them skill-based training. Students are provided hands-on learning experiences in patient-handling, where students can further develop their skills related to health care and rehabilitation, preparing graduates for successful careers in Physiotherapy as well as other allied health professions.

The University has MoU with **Akropolis Super Specialty Hospital** since 2024 and **Fortis Hospitals Limited** since 2022 helps the University to conduct mutual workshops, advanced training programmes, and research activities. These alliances provide students with opportunities



to learn cutting-edge medical procedures and techniques from the very best practitioners, which results in an enriched academic experience and a more well-prepared future clinician.

The University has collaborated with **C.K. Birla Hospital and Sarvodaya Hospital** since 2023 for providing students with clinical mentoring/internship opportunities. They allow students to work directly with doctors and patients, offering hands-on experience across several medical disciplines and enhancing their clinical skills and professional development.

Collaboration with **Indian Pharmacy Graduates Association (2022)** and **QSD Formulations Pvt. Ltd. (2022)** provides students opportunities to learn more about the pharmaceutical industry. Such collaborations make industrial training for students convenient and give them an opportunity to familiarize themselves with recent pharmaceutical trends in the market, pharmaceutical research and formulation development. This positions them for active professional careers in pharmacy and health care.

Collaborating with renowned universities in pharmaceutical and forensic sciences for working, K.R. Mangalam University has significantly enhanced its research and academic programs for pharmaceutical and forensic sciences. Those relationships provide the institution with more opportunities to conduct research, exchange ideas and generate new ones, which makes that land grant institution more applied sciences focused.

In 2023, The University signed the MoUs with **Al-Ameen College of Pharmacy, Bangalore, Karnataka, Dr. K.N. Modi Institute of Pharmaceutical Education & Research, Modinagar, Uttar Pradesh and Dayanand Dinanath College, Institute of Pharmacy, Kanpur** to enhance academia collaboration, collaborative research projects and faculty exchange in pharmaceutical education. These collaborations enable students and faculty to collaborate on high-impact research projects that investigate drug development, management of medication therapy and novel concepts within the pharmaceutical profession.

In 2023, K.R. Mangalam University collaborated with **Hawk Eye Forensics, NOIDA, Uttar Pradesh** to begin training students in forensic investigation, digital evidence preservation and research on developing areas of forensic science. Students can benefit from this partnership,



learning new skills that they'll then be able to apply to forensic analysis. This will allow them to be prepared for careers in this highly specialized area.

Interdisciplinary and Humanitarian Collaborations

Through interdisciplinary and humanitarian collaborations, K.R. Mangalam University fosters community partnerships that promote physical, mental, and social well-being. Students and faculty from diverse disciplines unite to design impactful outreach initiatives, health awareness drives, and wellness campaigns that advance SDG 3. Together, they bridge knowledge and compassion to build healthier, more resilient communities.

The Heartful Education Trust (2022) and this institution are collaborating to provide community-based based healthy both mentally and physically, values- based programs. This dynamic demonstrates the great importance of emotional health and personal growth by providing students an education that supports their academic development and fosters growth as people.

In 2022, the School of Humanities collaborated with Kasturba **Institute of Psychiatry & Behavioural Medicine, Greater NOIDA, Uttar Pradesh** to increase the momentum for behavioural sciences research. That partnership ensures that students secure counselling internships and increases the knowledge of mental health, moving us towards our aim to train socially-conscious practitioners in the field of behavioural health. These actions contribute to SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), indicating that quality improvement of education systems in society as well as solving issues of health, are continued improvements focused by the university.

Collaborations for Skill and Professional Development

K. R. Mangalam University has joined hands to make the students industry-ready by way of bettering their skills and imparting professional training in medical and allied health sciences.

The MoU with **Physio Experts** since 2023, is focused on workshops, seminars and training programmes of the students of the physiotherapy department in order to enhance their skills. These initiatives have encouraged students to think creatively and create their own businesses.



They also have offered students the opportunity to learn crucial skills that will be of use throughout their healthcare careers.

These associations are testament to the reality that K. R. Mangalam University is committed to providing students an education away from the books and desks, stressing on learning by doing, performing real-world work and acquiring skills. The university builds the link between academic side and industry, that is, by providing professional development as part of their curriculum. This is what sets up students to succeed in their studies.

Evidence Link:

Sr. No.	Year	School/ Program	MOU	Link
1.	2021	School of Physiotherapy and Rehabilitation Sciences (SPRS)	Polaris Hospital (Polaris Medicare Services Limited), Gurugram, Haryana	Polaris Hospital
2.	2022	School of Physiotherapy and Rehabilitation Sciences (SPRS)	Medox Hospital, Gurugram, Haryana	Medox Hospital
3.	2022	School of Physiotherapy and Rehabilitation Sciences (SPRS)	Ektaa Hospital, Gurugram, Haryana	Ektaa Hospital
4.	2022	School of Medical and Allied Sciences (SMAS)	Fortis Memorial Research Institute (Hospital), Gurugram, Haryana	Fortis Memorial Research Institute



5.	2023	School of Medical and Allied Sciences (SMAS)	Sarvodaya Hospital, Faridabad, Haryana	Sarvodaya Hospital
6.	2023	School of Physiotherapy and Rehabilitation Sciences (SPRS)	C K Birla Hospital, Gurugram, Haryana	C K Birla Hospital,
7.	2024	School of Medical and Allied Sciences (SMAS)	Akropolis Super-Speciality Hospital, Gurugram Haryana	Akropolis Super-Speciality Hospital
8.	2023	School of Physiotherapy and Rehabilitation Sciences (SPRS)	Physio Experts, Gurugram , Haryana	Physio Experts, Gurugram
9.	2022	K.R Mangalam University	Heartfulness Education Trust, Andhra Pradesh	Heartfulness Education Trust
10.	2022	School of Humanities (SOHS)	Kasturba Institute of Psychiatry & Behavioural Medicine, Greater NOIDA, Uttar Pradesh	Kasturba Institute of Psychiatry & Behavioural Medicine
11.	2022	School of Medical and Allied Sciences (SMAS)	QSD Formulations Pvt. Ltd., Sonipat, Haryana	QSD Formulations Pvt. Ltd
12.	2023	School of Basic and Applied Sciences (SBAS)	, NOIDA, Uttar Pradesh	Hawk Eye Forensics



13.	2023	School of Medical and Allied Sciences (SMAS)	Dr. K. N. Modi Institute of Pharmaceutical Education & Research, Ghaziabad, Uttar Pradesh	<u>Dr. K. N. Modi Institute of Pharmaceutical Education & Research</u>
14.	2023	School of Medical and Allied Sciences (SMAS)	Al-Ameen College of Pharmacy, Bangalore, Karnataka	<u>Al-Ameen College of Pharmacy</u>
15.	2023	School of Medical and Allied Sciences (SMAS)	Dayanand Dinanath College, Institute of Pharmacy, Kanpur	<u>Dayanand Dinanath College, Institute of Pharmacy</u>
16.	2022	School of Medical and Allied Sciences (SMAS)	Indian Pharmacy Graduates Association, Delhi	<u>Indian Pharmacy Graduates Association</u>
17.	2023	K.R. Mangalam University	National Mission for Clean Ganga, Ministry of Jal Shakti, GoI	<u>National Mission for Clean Ganga,</u>
18.	2023	K.R. Mangalam University	Save Aravali Trust, Faridabad, Haryana	<u>Save Aravali Trust</u>
19.	2024	K.R. Mangalam University	Medowsgreen, New Delhi	<u>Medowsgreen,</u>
20.	2024	School of Medical and Allied Sciences (SMAS)	International Center for Stem Cells, Cancer & Biotechnology (ICSCCB). New Delhi	<u>International Center for Stem Cells, Cancer & Biotechnology</u>



21.	2024	School of Medical and Allied Sciences (SMAS)	, Gurugram, Haryana	Biotic Waste Limited
22.	2022	School of Basic and Applied Sciences (SBAS)	BLDEA's SSM College of Pharmacy and Research Centre, BLDE (Deemed) University Campus, Karnataka	BLDEA's SSM College of Pharmacy and Research Centre

3.3.2. Health Outreach Programmes

K.R. Mangalam University has organized 31 community services with a vision towards better health, hygiene & well-being, especially for the underprivileged society. The knowledge of the prevailing disease and its prevention is being taken to the public through schemes such as Malaria Prevention Awareness, Cancer Prevention & Healthy Lifestyles Awareness Campaigns and PCOD/PCOS Awareness Workshop. The Blood Donation Camps and Self-Medication Awareness helped popularize the importance of blood donation, dangers associated with unsupervised intake of medicines, etc. In addition, the programme of Drug De-addiction Seminar and Life Skills for Drug Awareness was initiated to promote a healthy living style and minimize drug abuse. The University has been focusing on hygiene and nutrition-based programs, under which it initiated the Menstrual Hygiene Awareness, workshops for Improving Hygiene Practices in School. Such efforts highlighted the significance of personal hygiene and proper waste management in order to avoid the spread of pathogens. The Women's Health Issues in Rural Haryana project aimed to address the health needs of rural women, while Food Quality Testing in Anganwadi ensured that children in their rural region received healthy food. These initiatives reflect K. R. Mangalam University's commitment to social responsibility and offer real-world solutions to health problems that bring immense improvements in the lives of marginalized people, contributing significantly towards the betterment of society at large.



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Students of K.R. Mangalam University actively participating in a Donation Drive, contributing essential items to support underprivileged communities and promote the spirit of social responsibility.



A student of K.R. Mangalam University interacting with an elderly person during the community visit, fostering empathy, understanding, and intergenerational connection as part of the outreach initiative.



Empowering Communities, Enriching Lives — an initiative by K.R. Mangalam University students and faculty working together to promote health, well-being, and inclusive community development through active engagement and service.



Transforming Lives through Knowledge, Kindness, and Well-Being — K.R. Mangalam University students embodying the spirit of compassion and learning by contributing to community welfare and holistic development.



Sr. No.	Activity Name	Date	Organised by	Links
1	Workshop on PCOD/PCOs	28-02-2024	National Service Scheme (NSS)	Workshop Report
2	Awareness session on Raising Awareness: Health Impact of Wastewater Utilization	08-04-2024	School of Engineering & Technology	Awareness Session Report
3	Awareness on Cancer Prevention and Healthy Lifestyles	05-04-2024	School of Management & Commerce & Youth Red Cross	Awareness Session Report
4	Awareness session on Prevention of Malaria	23-04-2024	School of Medical & Allied Science & NSS	Awareness Session Report
5	Quiz on “World No Tobacco Day”	30-05-2024	School of Medical & Allied Science & NSS	Quiz Report
6	Survey on TB Mukht Bharat	01-03-2024	NSS	Survey Report
7	Blood Donation Camp	19-05-2024	NSS	Blood Donation Camp
8	Seminar on Drug De-addiction	13-03-2024	School of Engineering & Technology	Seminar Report
9	Extension Activity on Awareness on “Health and Hygiene” with NSS	29-12-2023	School of Management & Commerce & Youth Red Cross Society	Extension Activity Report
10	Life skills for awareness adverse effects of Drugs	30-10-2023	School of Medical & Allied Sciences & NSS	Awareness Camp Report



11	Drug Addiction: The Menace of Youth's Future	17-10-2023	School of Medical & Allied Sciences & NSS	Awareness Camp Report
12	Self-Medication: A Challenge in Healthcare Management	28-11-2023	School of Humanities & NSS	Extension Activity Report
13	Major Health Problems among Females	25-10-2023	NSS	Extension Activity Report
14	An Awareness Session: Menstrual Cycles: Let's talk about it	23-11-2023	NSS	Awareness Session Report
15	Nukkad Natak on the occasion of National Voluntary Blood Donation Day	03-10-2023	School of Engineering & Technology & NSS	Nukkad Natak Report
16	Development of Cookery Skills and Hygiene Practices among Students in the Government School at Village Garhi Bazidpur, Sohna, Gurugram	23-02-2024 - 15-03-2024	School of Hotel Management and Catering Technology	Extension Activity Report
17	Case Study of Deaddiction Activity	29-09-23 to 10-11-23	School of Basic and Applied Science	Case Study Report
18	Ensuring Drug Safety Insight on Pharmacovigilance	09 -02-2024	School of Medical & Allied Science	Awareness Session Report
19	Pharma Avenshan-2024	11-03-2024	School of Medical & Allied Science	National Pharmacy Education Day Report



20	World Physiotherapy Day	08-09- 2023	School of Physiotherapy & Rehabilitation Sciences	World Physiotherapy Day Report
21	International Women's Day	07-03- 2024	School of Physiotherapy & Rehabilitation Sciences	International Women's Day Report
22	Health Plus "Monitoring Wellness in Our Neighbourhood"	30-03-24- 13- 04-2024	School of Medical and Allied Sciences	Health Camp Report
23	Report On 'A Visit To Old Age Home'	30-01-2024	NSS	Visit to Old Age Home Report
24	Donation Drive at Earth Saviour Foundation	15-09-2023	Legal Aid Committee, School of Legal Studies	Donation Drive Report
25	Health Survey	19-05-2023	Legal Aid Committee, School of Legal Studies	Health Survey Report
26	Supporting Sustainable Livelihoods through Education and Cultural Entrepreneurship	23-03-2024	https://www.krmangalam.edu.in/pdfs/sdg/events/sdg-3/Supporting-Sustainable-Livelihoods-through-Education-and-Cultural-Entrepreneurship.pdf	ICSSR Report



3.3.3 Sports Facilities

<https://www.krmangalam.edu.in/sports-facilities/>

K.R. Mangalam University firmly believes that sports and physical fitness are essential pillars of holistic education, personal growth, and overall well-being. In alignment with SDG 03 – Good Health and Well-Being, the University provides state-of-the-art indoor and outdoor sports facilities to foster an active campus culture, nurture talent, and promote teamwork and leadership among students.

The University boasts state-of-the-art sports and fitness infrastructure that promotes holistic development and well-being among its students, faculty, and staff. The expansive outdoor facilities include a full-sized cricket ground, a football field, basketball and volleyball courts, multiple open-air badminton courts, and a dedicated 400-meter athletic track with a multi-utility sports field. These spaces cater to athletes in training, recreational players, and fitness enthusiasts alike, while also serving as venues for numerous inter- and intra-university tournaments throughout the year.

Complementing these are the indoor sports and fitness amenities, featuring a fully air-conditioned gymnasium equipped with advanced strength and cardio equipment, along with areas for table tennis, carrom, and chess. Dedicated zones for yoga and aerobics, supported by regular sessions led by certified instructors, ensure the campus community sustains both physical fitness and mental well-being, aligning with the spirit of SDG 3: Good Health and Well-Being.

Outdoor Sports Facilities

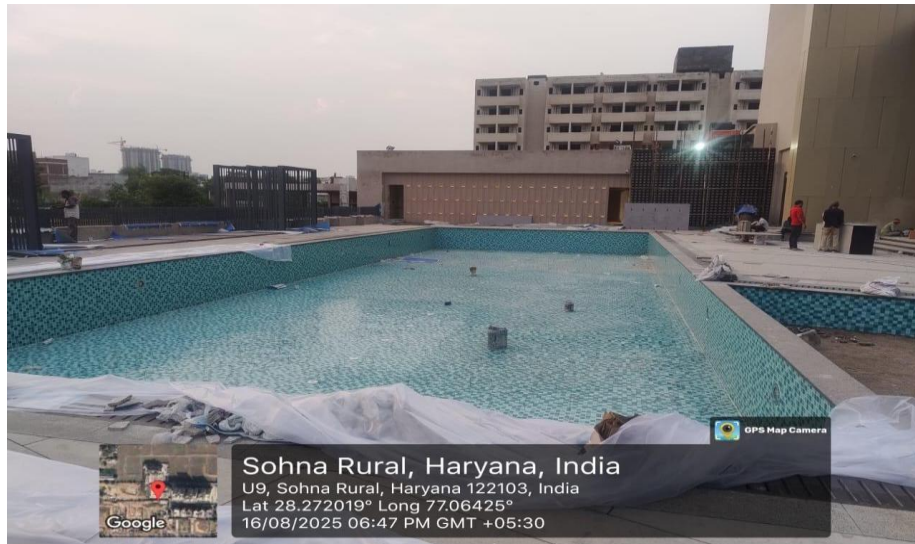
K.R. Mangalam University's expansive outdoor sports infrastructure reflects its commitment to promoting holistic education and sustainable well-being. Aligned with SDG 3: Good Health and Well-Being, these outdoor sports spaces play a vital role in advancing physical fitness, mental wellness, and social connectedness within the campus community. By integrating sports into daily campus life, K. R. Mangalam University nurtures healthy lifestyles, reduces stress, and inspires lifelong habits of physical activity—contributing to a culture where health, happiness, and holistic growth are central to education.



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Swimming Pool

K.R. Mangalam University (K. R. Mangalam University) provides a modern swimming pool facility that supports both recreational use and professional training. It encourages students to pursue water sports for fitness, stress relief, and competitive events.



State-of-the-Art Swimming Pool Promoting Fitness and Well-Being at K.R. Mangalam University

With spacious fields for cricket, football, basketball, and volleyball, K. R. Mangalam University nurtures student talent in outdoor sports. Inter-departmental and inter-university tournaments enhance leadership, team spirit, and competitive excellence.



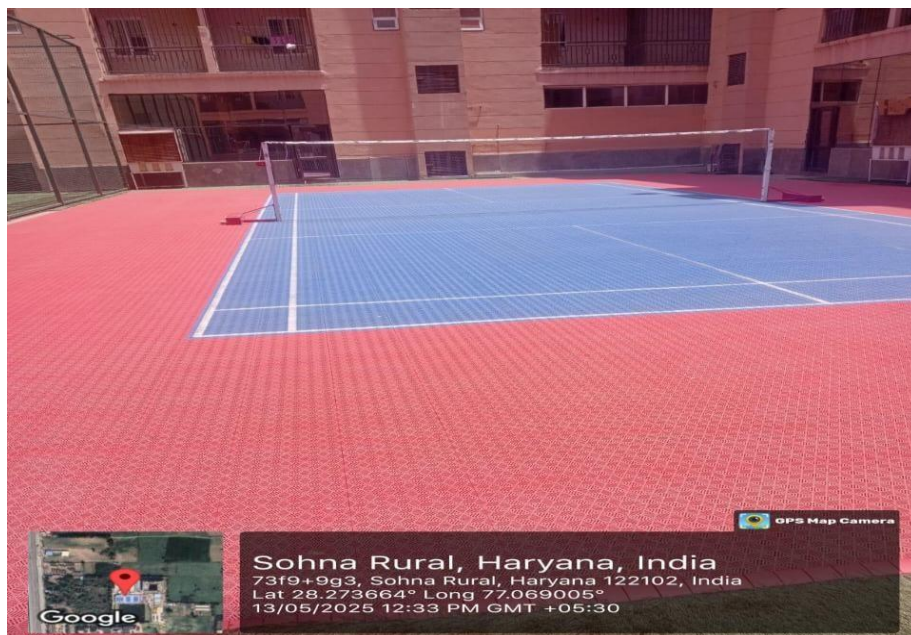
Basketball Court — Inspiring Teamwork, Strength, and Sportsmanship



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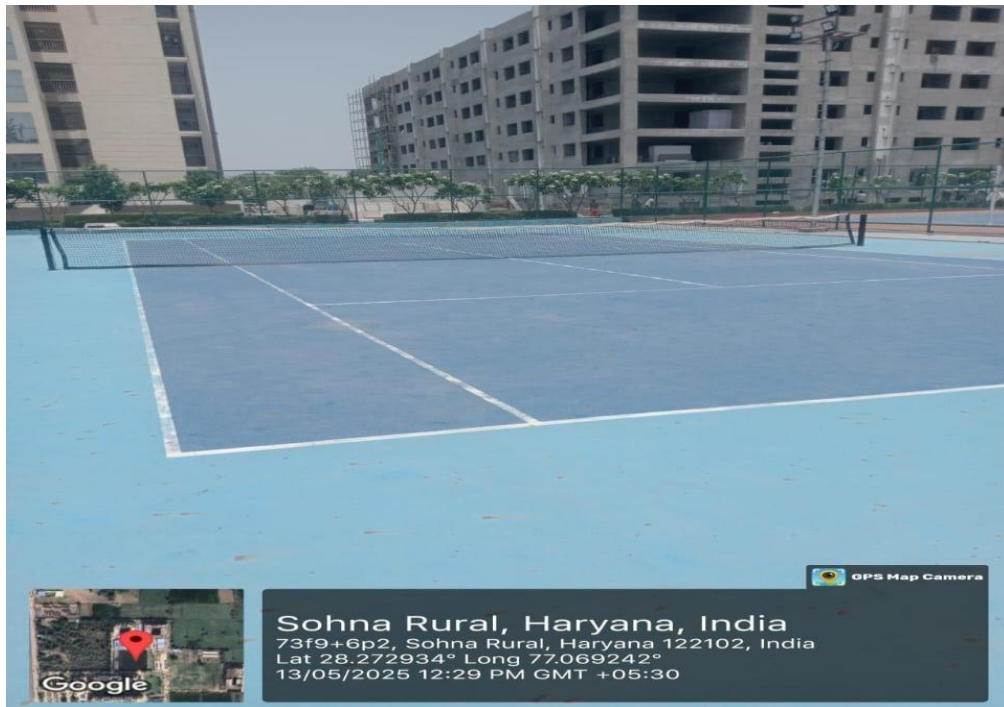
***Kicking Goals for Fitness and Unity — Building a Healthier, Happier Campus Community
in the Football Court***



Badminton Court: Promoting Agility, Focus, and Well-Being through Every Serve



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Tennis Court: Cultivating Fitness, Focus, and Fair Play



Football and Athletic Ground: Nurturing Strength, Stamina, and Sportsmanship at K.R. Mangalam University



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Synthetic Athletics Track

The university boasts synthetic athletics track that meets professional standards. It supports daily training, athletics coaching, and preparation for state and national-level competitions.



*Every Step Towards Strength — K. R. Mangalam University's Athletic Track Inspires
Endurance, Energy, and Excellence*

Indoor Sports Facilities

Gymnasium

The well-equipped fitness gym at K.R. Mangalam University is designed to promote physical well-being among students, faculty, and staff. It enhances campus life by encouraging a culture of health, fitness, and discipline.





Indoor Sports Facilities

Indoor sports facilities at K.R. Mangalam University, including badminton, table tennis, and chess, offer students opportunities to balance academics with leisure. These spaces foster teamwork, strategic thinking, and resilience.



Foosball Smash Stress



Table Tennis



Carrom Corner for Relaxation and Recreation



Pool Table Sessions that Blend Focus

The University employs qualified full-time sports coaches who provide structured guidance, fitness regimes, and mentoring to students. Their expertise ensures the holistic growth of both amateur and advanced players.



Facility	Area (m ²)	Year	User Rate
Cricket Ground	11880	2013	100 to 150
Football Ground & Athletics Track	5450	2024	120 to 150
Volleyball Court	312	2013	50-60
Basketball Court	512	2013	100-150
Lawn Tennis Court	196	2013	50 to 60
Badminton Court	128	2013	100-150
Carrom & Chess Boards Area (indoor)	220	2022	100 to 120
Foosball Tables (6 nos. indoor)	220	2022	150-200
Table Tennis Table (4 nos. indoor, activity center)	440	2022	100 to 180
Carrom & Chess Boards (indoor, hostel)	28	2016	30 to 40
Table Tennis Tables (2 nos., hostel)	30	2016	40 to 50
Futsal	220	2022	60 to 80
Pickleball Court	82	2025	40 to 50
Paddleball Court	200	2025	40 to 50
Gym (Boys Hostel)	3520	2013	70 to 80
Gym (Girls' Hostel)	1200	2013	30 to 40

Training, Coaching & Competitive Exposure

The sports division is led by a qualified Director of Sports, supported by experienced sports officers and professional coaches. Together, they oversee daily sporting activities, student training, and participation in competitive events. Students excelling at state, national, and inter-university levels receive specialized coaching, performance mentoring, and access to professional sporting networks to prepare for higher-level competitions.

Annual Sports Calendar & Events

Each academic year begins with the formulation of a comprehensive Sports Calendar that aligns sporting events with academic schedules. This ensures students can actively participate in sports



without disrupting their studies. A wide range of inter- and intra-university tournaments are hosted throughout the year, enriching the campus's vibrant sports culture.

Zest – Annual Sports Meet

Zest, K.R. Mangalam University's Annual Sports Meet, is a flagship celebration of athleticism, teamwork, and spirited competition. The event brings together students from all schools and disciplines to participate in track-and-field events, team sports, and individual competitions. Zest not only promotes fitness and sportsmanship but also strengthens community bonds through enthusiastic student participation, faculty engagement, and spirited cheer.

Sportura – Intra-University Sports League

Sportura is an intra-university sports league designed to identify and nurture sporting talent within the student community. Organized throughout the year, Sportura features league matches and tournaments across various sports disciplines such as cricket, football, basketball, volleyball, badminton, and athletics. It serves as a feeder platform for selecting promising athletes for inter-university and state-level championships, while also fostering healthy competition and teamwork.

3.3.3 Shared Sports Facility

As part of its commitment to community well-being, the university has opened its sports facilities free of charge to Vivek Bharti Senior Secondary School, Ghamroj, RBSM Public School, Bhondsi and Government Senior Secondary School, Bhondsi. Other schools and community members can also use the facilities, ensuring wider access for their intra-school tournaments and participation by contacting the Director of Sports via email to check availability and book the spaces.

Event 1: “Josh-e-Kabaddi” – Kabaddi Tournament by Vivek Bharti Senior Secondary School, Ghamroj, Haryana

Date: 12 September 2023

Vivek Bharti Senior Secondary School, Ghamroj, conducted its annual kabaddi tournament “Josh-e-Kabaddi” on the sports grounds of K.R. Mangalam University. The university offered its kabaddi arena free of cost, providing the students with a professional playing environment. The event saw enthusiastic participation from multiple teams, creating a vibrant and competitive atmosphere. Students displayed great skill, coordination, and team spirit throughout the matches. By opening its facilities to the school, K. R. MANGALAM UNIVERSITY supported a



meaningful community sports initiative that celebrated traditional sports and encouraged youth engagement in physical activity.



Students of Vivek Bharti Senior Secondary School, Ghamroj, Haryana participating in the Kabaddi Tournament at K.R. Mangalam University, Haryana

Event 2: “Goal Fest”– Football Match by RBSM Public School, Bhondsi
Date: 22 November 2023

RBSM Public School, Bhondsi, hosted its football match “Goal Fest” at the K.R. Mangalam University football ground. The university extended its field and athletics track for free, allowing the school’s young players to experience a full-scale, well-maintained sports facility. The match was full of energy and healthy competition, drawing a lively audience of students and teachers. This collaboration gave the players a memorable platform to showcase their skills while promoting physical fitness and teamwork. The event reflects how K. R. MANGALAM UNIVERSITY’s sports infrastructure supports local schools in encouraging active and healthy lifestyles.



RBSM Public School, Gurugram, organizes a Match at K.R. Mangalam University’s Football Ground



Event 3: “Smash & Serve” – Tennis Event by Government Senior Secondary School, Bhondsi, Haryana

Date: 17 February 2024

Government Senior Secondary School, Bhondsi, organized “Smash & Serve,” a lawn tennis event, using K.R. Mangalam University’s tennis courts. By offering its facility free of charge, the university enabled students to practice and compete in a professional sporting environment. The matches were conducted in a structured format with strong participation and enthusiastic cheering from their peers. For many students, it was a unique opportunity to play on a proper tennis court and enhance their skills. This collaboration highlights how shared infrastructure can inspire young athletes and build a stronger sports culture in the community.



Government Senior Secondary School’s students playing Table Tennis Match at K.R. Mangalam University

Event 4: “Kho-Kho Utsav” – Kho-Kho Meet by Vivek Bharti Senior Secondary School, Ghamroj, Sohna, Gurugram, Haryana

Date: 9 April 2024

Vivek Bharti Senior Secondary School, Ghamroj, conducted “Kho-Kho Utsav” at K.R. Mangalam University’s multi-utility sports field. The university offered its space free of cost,



enabling the school to host its traditional sports event in a larger, better-equipped setting. Students participated enthusiastically, displaying agility, teamwork, and a deep sense of sportsmanship. The event also drew good support from teachers and the community, creating a lively and spirited environment. This collaboration reflects K.R. Mangalam University's commitment to supporting local schools and encouraging traditional sports and fitness among young learners.



Kho-Kho meet by Vivek Bharti School's students at K.R. Mangalam University

3.3.4. Sexual and Reproductive Health Care Services

K.R. Mangalam University has a serious commitment towards women's health by rationalization of services related to Sexual and Reproductive Health in an integrated infrastructure, policies and reach. The University has established crucial mechanisms like the Internal Complaints Committee (ICC), Gender Sensitization and Safety Committee, as well as the 'WE DOST' counselling portal to provide psychosocial support, preventive education and grievance redressal confidentially, keeping in line with its Gender Equity and Sensitivity Policy.

K.R. Mangalam University provides a range of well-being facilities that ensure the holistic health and safety of its campus community. These include dedicated counselling services, sanitary napkin vending machines and incinerators, and fully equipped medical rooms staffed with three resident nurses and two on-call doctors. In addition, 'She Boxes' are installed across campus for both students and staff to confidentially report any grievances related to safety or harassment.



With the collaborative support of various University clubs, academic schools, and the NSS unit, monthly Health Awareness Sessions are organized on critical themes such as family planning, nutrition, prevention of cancer, menstrual hygiene, and mental health. These initiatives embody the University's ongoing commitment to SDG 3: Good Health and Well-Being, promoting a safe, inclusive, and health-conscious campus environment.

The university upgraded the ecosystem for sexual and reproductive health of students by maintaining strong relationships with major hospitals, medical centres and social development organizations.

Institutional Mechanisms for Sexual and Reproductive Health Care Services

a. Gender Equity and Sensitivity Policy

The Gender Equity and Sensitivity Policy provides the foundation for inclusivity, equal opportunity, and gender-responsive practices at the University. It emphasises equitable access to healthcare, menstrual hygiene, and psychosocial support while promoting gender sensitisation and awareness among all stakeholders.

Link: [Gender Equity and Sensitivity Policy](#)

b. Gender Sensitization and Safety Committee

The Gender Sensitization and Safety Committee functions as a proactive body to create a respectful, inclusive, and gender-sensitive campus environment. It organizes sensitization workshops, awareness programmes, and capacity-building initiatives to prevent bias, discrimination, and harassment. The Committee works closely with the Internal Complaints Committee to ensure a culture of prevention and responsible conduct.

Evidence Link on website:

<https://www.krmangalam.edu.in/K. R. Mangalam University-committee/>



Members of the Gender Sensitization Committee

S.No	Name & Designation	Position
1	Dr. Shobhna Jeet, Associate Professor, SOLS	Chairperson
2	Mr. Vineet Dahiya, Associate Professor, SOET	Member
3	Ms. Kanchan Khatreja, Assistant Professor, SOED	Member
4	Ms. Mamta Shankar, Assistant Professor, SPRS	Member
5	Dr. Padmani Kaul, Assistant Professor, SOHS	Member
6	Mr. Ashwani Kumar, Assistant Professor, SOET	Member
7	Ms. Sarina, Assistant Professor, SJMC	Member
8	Ms. Vaishavi Rayudu, Assistant Professor, SOAD	Member
9	Dr. Monika Yadav, Assistant Professor, SOMC	Member
10	Ms. Perna (2305170030) B.A. LLB. (Hons.)	Student Member
11	Krishna Sindhvani (2305104049) BBA LL.B. (Hons.)	Student Member
12	Dr. Megha, Assistant Professor, SOLS	Member Secretary

The screenshot shows the official website of K.R. Mangalam University. The header includes the university logo and navigation links: Academics, Programmes, Admissions, Placements, Research, Life at KRMU, About Us, Career, and an Apply Now button. The main content area is titled "Gender Sensitisation & Safety Committee" and includes a description of the committee's role in creating a safe and equitable academic environment. Below this, there is a list of committee members with their names and positions, matching the table provided. A sidebar on the right contains links for "English News" and "Soft Skill Test". At the bottom, there is a contact section for the KRMU Gender Sensitisation & Safety Committee, providing an email address (gssc@krmangalam.edu.in) and a contact number (9289114766).

Website Screenshot of the Gender Sensitization and Safety Committee



The Gender Sensitization and Safety Committee convene to review and assess the effective implementation of gender equity and safety initiatives at K.R. Mangalam University



Details to contact the members of the Gender Sensitisation and Safety Committee are displayed in various strategic locations around the University campus



Details to contact the members of the Gender Sensitization and Safety Committee are displayed on campus

c. Internal Complaints Committee (ICC)

In accordance with the Gender Equity and Sensitivity Policy and the Prevention of Sexual Harassment Act, 2013, the Internal Complaints Committee serves as the statutory body responsible for addressing grievances related to harassment or violation of dignity. The Committee provides a confidential, fair, and legally accountable platform for resolution and undertakes awareness programmes on gender sensitization, women's rights, and workplace safety. The committee is also responsible for undertaking the awareness programmes on gender sensitization, women's rights and women's empowerment in the university campus.

Evidence Link on website:

<https://www.krmangalam.edu.in/K. R. Mangalam University-committee/>

Details of Members of the Internal Complaints Committee (ICC)

S.No.	Name of the Member	Designation	Position
1	Prof. Varuna Tyagi	Professor, SOMC	Chairperson
2	Dr. Shobhna Jeet	Associate Professor (SOLS)	Vice Chairperson
3	Dr. Inderpreet Kaur	Associate Professor (SOLS)	Member
4	Prof. Prakash Chandra Jena	Professor (SOED)	Member
5	Dr. Shivani Wadhwa	Assistant Professor (SOHS)	Member
6	Dr. Kaushal Kumar	Associate Professor (SOET)	Member
7	Prof. Vageshwari Deswal	Professor (Delhi University)	External Member
8	Advocate Kanchan Khatana	NGO Member	External Member
9	HR Manager	HR	Member Secretary
10	Archisha Asthana	LL.B. (Hons.)	Student Member
11	Mihir Srivastava	B.Arch.	Student Member



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Website Screenshot of the Internal Complaints Committee (ICC)

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 ("POSH Act") was enacted as comprehensive legislation to provide a safe, secure and enabling environment, free from sexual harassment to every woman. This statute was enacted to fill the legislative void which had been partially addressed by the judiciary in Vishaka and Others v. State of Rajasthan and Others (1997) 7 (1) SCC 323. In this seminal public interest litigation verdict, the Supreme Court of India had framed a set of guidelines ("Vishaka Guidelines") for dealing with instances of sexual harassment at the workplace, which has now been codified in the POSH Act.

Under the POSH Act, an employer is legally required to comply with certain statutory requirements. One of these is the constitution of an Internal Complaints Committee ("ICC"), a body envisaged to receive complaints on sexual harassment at the workplace from an aggrieved woman, as well as to inquire into and make recommendations to the employer on the action required under its inquiry of such complaint made.

KRMU Internal Complaints Committee (ICC) Committee shall consist of the following members:

Name	Position
Dr. Varuna Tyagi, Professor SOMC	Chairperson
Dr. Shobhna Jeet Associate Professor, SOLS	Vice Chairperson
Prof. Prakash Chandra Jena, Professor, SOED	Member
Dr. Kaushal, Associate, Professor, SOET	Member
Dr. Inderpreet Kaur, Associate Professor, SOLS	Member
Dr. Shivani Wadhwa, Assistant Professor, SOHS	Member
Prof. Vageshwari Deswal, Professor (Delhi University)	External Member
Ad. Pooja Tiwari, NGO Member	External Member
Mr. Deepak Mishra, Representative of Non-Teaching Staff	Member
Archisha Asthana, LLB (Hons.) 2205230024	Student Member
Mihir Shrivastava, B.Arch 2205170052	Student Member
Ms. Pooja Kaushal, LLB (Hons) 2305230010	Student Member
HR Manager, HR	Member Secretary

Website Screenshot of the Internal Complaints Committee (ICC)



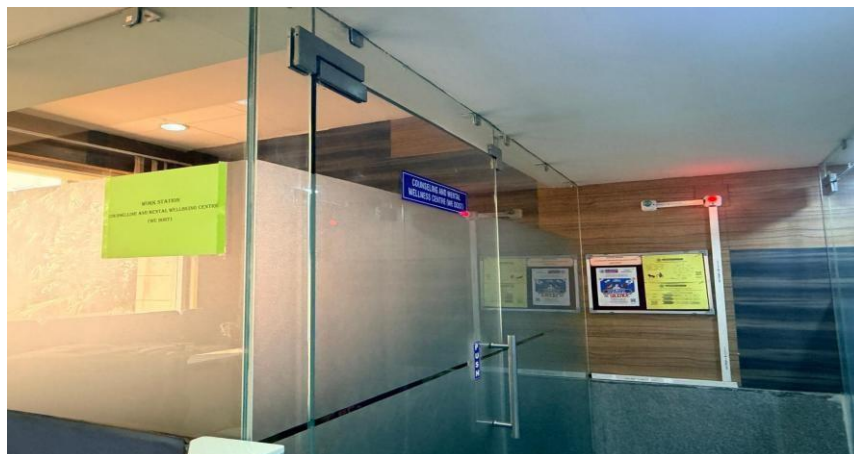
A Dedicated Meeting Room Has Been Provided on Campus for ICC Committee Members to Convene, Deliberate and Address Matters Related to Grievances and Gender Well-being in a Confidential and Professional Environment



d. Sexual and Reproductive Health Counselling through ‘WE DOST- Counselling Centre’

K.R. Mangalam University is deeply committed to promoting holistic wellness and fostering a safe, inclusive environment that prioritizes the physical, emotional, and psychological well-being of its community. Through its dedicated ‘WE DOST – Counselling Centre’, the University provides confidential and empathetic counselling services addressing a broad spectrum of issues related to sexual and reproductive health, menstrual hygiene, family planning, stress management, and emotional balance.

Qualified and trained counsellors offer personalized support to students and staff, ensuring that every individual feels heard, respected, and guided with compassion. Counselling sessions are conducted both in-person and on a confidential basis, providing a safe space to discuss sensitive matters without fear of stigma or judgment.



We Dost- Mental Well- Being and Counselling Centre



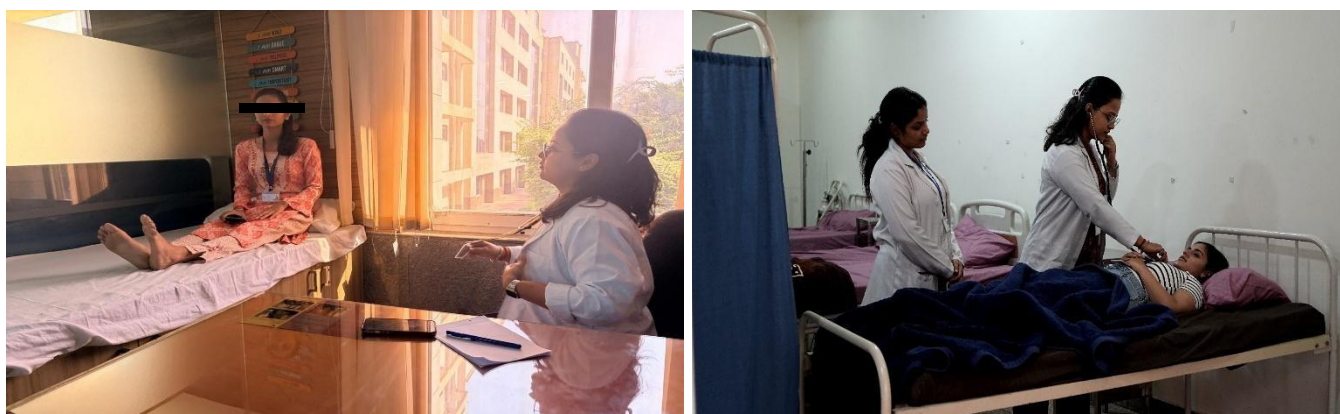
Promoting Mental Well-Being — A Qualified Counsellor Conducts a Guidance Session to Support Students’ Emotional Health and Resilience



In addition to one-on-one sessions, the **WE DOST Centre** frequently organizes **awareness workshops and interactive group discussions** in collaboration with the **University's Health Committee, NSS, and student clubs**, focusing on topics such as reproductive rights, mental wellness, self-care practices, and relationship awareness.

Provision of Medical Rooms and Health Check-up Centres

K.R. Mangalam University prioritizes the health, safety, and well-being of its students, faculty, and staff through well-equipped Medical Rooms and Health Check-up Centres located within the campus. The University's medical facility operates under the supervision of three qualified resident nurses and two on-call doctors, ensuring the availability of immediate medical attention, emergency care, and routine consultations. The centre provides first aid, general health assessments, minor treatments, and medical guidance, fostering a secure and health-conscious campus environment.



Medical Consultation in University Health Centre

To promote a culture of preventive healthcare, the University regularly conducts comprehensive health check-up camps and wellness screening sessions in collaboration with reputed hospitals and healthcare partners.

These initiatives enable early diagnosis of common ailments, lifestyle-related issues, and other health concerns, ensuring timely medical intervention and follow-up care. In alignment with SDG 3: Good Health and Well-Being, K.R. Mangalam University also organizes awareness



programs, health talks, and fitness workshops focusing on nutrition, hygiene, stress management, and holistic wellness.

Through its proactive health services and infrastructure, the University ensures that every member of its community enjoys a safe, healthy, and supportive environment conducive to learning and personal growth.

Facilities Available to Women Employees and Students

Sanitary Napkin Vending Machines and Incinerators: Sanitary vending machines are installed in the female washrooms of all academic blocks to provide free and easy access to sanitary napkins. Each machine is paired with an incinerator to ensure hygienic disposal and environmental responsibility.



Sanitary napkin vending machines installed in female washrooms to promote menstrual hygiene and ensure safe, eco-friendly disposal



Sanitary Napkin Vending Machines and Incinerators installed in female washrooms to promote menstrual hygiene and sustainable waste management

She Boxes: She Boxes are placed in various locations on campus to allow women to submit complaints confidentially. The boxes can be accessed only by authorised female members of the Gender Sensitisation Committee, ensuring privacy and prompt action.



'She Box' installed in the Girls' Common Room to ensure a safe, supportive, and gender-sensitive campus environment



‘She Box’ installed near female washrooms to provide a secure and confidential space for reporting gender-related concerns and ensuring campus safety

Details of Programs/ Sessions & Activities Conducted to Promote Sexual and Reproductive Well-being

The University consistently supports initiatives that promote health awareness and preventive education among women. The following programs/ sessions & activities conducted reflect the University’s ongoing efforts to enhance knowledge, awareness, and informed decision-making related to sexual and reproductive health:

List of Activities

S.No.	Name of Activity	Organised By	Date	Evidence Link
1	Workshop on PCOD/PCOS	NSS	28 February 2024	Workshop Report
2	Awareness Session on ‘Cancer Prevention and Healthy Lifestyles’	NSS	5 April 2024	Awareness Session Report



3	Extension Activity on Major Health Problems Among Females in Ghanghola Village, Gurugram	NSS	25 th October 2023	Extension Activity Report
4	Awareness Session: 'Menstrual Cycle: Let's Talk About It'	NSS	23 rd November 2023	Awareness Session Report
5	Extension: Analysis of Quality of Life After Hysterectomy in Rural Women of Selected Villages of Sohna District, Haryana: A Case Series	School Of Physiotherapy and Rehabilitation Sciences	August - December 2023 Semester Long Case Study	Research Study Report



Workshop on PCOD/PCOS conducted by NSS, K.R. Mangalam University



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION



Extension Activity on Major Health Problem among Females



Awareness Session Menstrual Cycle: Let's Talk About It



Glimpses of Extension Activity Conducted during Case Study on the Analysis of Quality of Life After Hysterectomy in Rural Women



Glimpses of Extension Activity Conducted during Case Study on the Analysis of Quality of Life After Hysterectomy in Rural Women



3.3.5. Mental Health Support for Students

In accordance with SDG Metric 3.3.5 (Mental Health Support for Students), the Counselling and Mental Wellbeing Centre (We Dost) at K.R. Mangalam University offered extensive psychological support to both students and staff through individual and group counselling, workshops, and awareness initiatives.

K.R. Mangalam University demonstrates its strong alignment with Sustainable Development Goal 3: Good Health and Well-being through its comprehensive [Policies on Good Health and Well Being](#)

Throughout the 2023–24 period, a total of 36 cases were managed, addressing challenges such as adjustment issues, anxiety, depression, stress, and relationship conflicts comprising 47.22% females and 52.78% males. The Centre organized various significant activities focusing on mental health and wellbeing. These initiatives positively impacted approximately 65–70% of university students, thereby enhancing their emotional resilience and fostering a culture of mental well-being. Furthermore, the Centre upheld high professional standards in accordance with UGC guidelines, APA ethics, the Mental Health Care Act (2017), and the National Mental Health Policy (2014) - specifically focusing on the 3.3.5 metric for mental health support for students.

Chetna Society:

While the academic system of our country excels in preparing young minds for a competitive future, there is an increasing need for learners to cultivate essential qualities such as values, attitudes, and right conduct. To address this, K.R. Mangalam University has established the Chetna Society. This pioneering initiative aims to imbue students with a set of aspirational values, guiding them towards a balanced and focused life across material, ethical, and spiritual dimensions.

The Chetna Society provides a platform for students to connect with their inner wisdom through heartfulness meditation, helping them calm and guide their minds. By fostering inner growth and balance, society addresses the challenges faced by today's youth, who often struggle to prioritize amidst numerous goals. Through its various programs, Chetna Society seeks to inspire a sense of well-being and joy, nurturing a generation of mindful and well-rounded individuals. From time to time, expert sessions by IAS Officers are conducted who discuss various aspects of the student's life including managing time and stress, overcoming



fear etc. The society also partners with the International Society for Krishna Consciousness (ISKCON) which conducts various sessions.

Objectives of Chetna Society:

- To foster values, attitudes, and conduct that support balanced and ethical living among students.
- To help students connect with their inner wisdom and use it to guide their personal and academic journeys.
- To introduce students to meditation practices that facilitate mental calmness and clarity.
- To assist students in finding a balance between material, ethical, and spiritual aspects of their lives.
- To inspire and support inner change and personal growth, helping students manage competing goals and pressures effectively.

Evidence Link: [Chetna Society](#)

Activities conducted by Chetna Society

Throughout the academic year 2023-24, Chetna Society coordinated a number of meaningful sessions and workshops on mental health, emotional well-being, and creative outlets. They organized workshops like Developing Healthy Relationships, Building Mental Toughness, Dealing with Thoughts, Organizational Health, and various activities such as Laugh Therapy, Vision Board Creation, and Technology Detox Retreat. The activities promoted awareness, stress management, and proactive mental health in students and helped create a positive environment on campus.

List of events organized by Chetna Society for Students

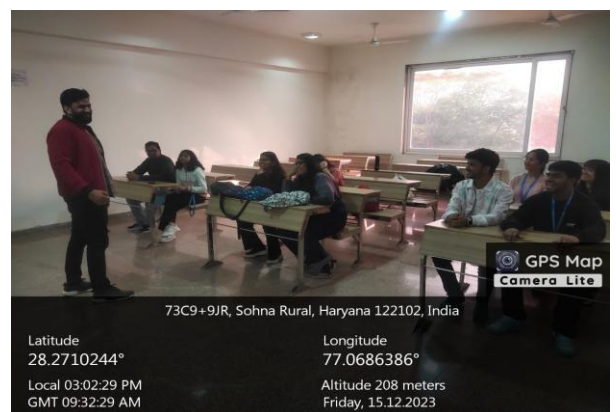
S.No.	Name of the Activity	Date	Evidence Link
1	Building Mental Toughness to Overcome Challenges in College Life	31 October 2023	Awareness Session Report
2	Expert Lecture: Creativity under Pressure	15 December 2023	Expert Lecture Report
3	Expert Lecture: How the Environmental Movement Can Find Its Way Again	18 December 023	Expert Lecture Report
4	Dealing with Thoughts	19December 2023	Expert Lecture Report
5	Expert session on 'Organizational Health'	20 December 2023	Expert Session Report



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

6	Cultivating Mental Wellbeing and Conscious Living	16 January 2024	Competition Report
7	Skill-Based Activity on Dream Vision Board	20 February 2024	Skill Based Activity Report
8	Laugh Therapy Session: A Joyful Path to Better Health	2 April 2024	Laugh Therepy Session Report
9	From Margins to Mainstream: Navigating Eco-Anxiety, Intersectionality, and Community Centric Climate Communication	16 April 2024	Expert Session Report
10	Nourish the Mind, Feed the Body: Unveiling the Benefits of Mindful Eating	7 May 2024	Expert Session Report
11	Embracing Tranquillity: A Technology Detox Retreat	21 May 2024	Expert Session Report





Chetna Society initiatives promoting holistic growth through counselling, self-awareness workshops, and community well-being programmes

The initiatives undertaken by the Chetna Society at K.R. Mangalam University exemplify the institution's unwavering commitment to promoting mental health, holistic growth, and emotional well-being among students. Through a variety of programs spanning expert-led workshops on Building Mental Toughness, Organizational Health, and Mindful Eating to innovative and therapeutic activities such as Laugh Therapy and Technology Detox Retreats the society has effectively fostered a culture of mindfulness, self-awareness, and positivity within the campus.

By incorporating heartfulness meditation, value-driven education, and training in emotional intelligence, the Chetna Society, in partnership with the We Dost Counselling and Mental Wellbeing Centre, has enabled students to pursue balanced lives rooted in ethical, material, and spiritual equilibrium.

These initiatives have not only bolstered students' mental resilience and interpersonal connections but have also closely aligned with the goals of SDG 3 (Good Health and Well-being). In summary, K.R. Mangalam University's proactive strategy through the Chetna Society and We Dost Centre has transformed the university atmosphere into a nurturing and empathetic community—one that promotes mental wellness, encourages personal development, and equips students to confront life's challenges with assurance and clarity.

In accordance with SDG Metric 3.3.5 (Mental Health support for Students), the Counselling and Mental Wellbeing Centre (We Dost) at K.R. Mangalam University offered extensive psychological support to both students and staff through individual and group counselling,



workshops, and awareness initiatives. Throughout the 2023–24 period, a total of 36 cases were managed, addressing challenges such as adjustment issues, anxiety, depression, stress, and relationship conflicts comprising 47.22% females and 52.78% males. The Centre organized various significant activities focusing on mental health and wellbeing. These initiatives positively impacted approximately 65–70% of university students, thereby enhancing their emotional resilience and fostering a culture of mental well-being. Furthermore, the Centre upheld high professional standards in accordance with UGC guidelines, APA ethics, the Mental Health Care Act (2017), and the National Mental Health Policy (2014) - specifically focusing on the 3.3.5 metric for mental health support for students.

We Dost (Mental Health Wellness Centre) Evidence Link: [We Dost](#)

In today's fast-paced and competitive life, individuals face various issues in their life at different levels. Considering this as biggest challenge Counselling and Mental Wellbeing Centre (We Dost) established in K.R. Mangalam University addressing the emotional, social and behavioural issues of the students/staff members. K.R. Mangalam University, through its Chetna Society and We Dost Counselling Cell, has been organized a series of awareness programmes to promote mental and emotional health among students. These initiatives aimed to improve understanding of healthy relationships, stress management, mindfulness, and overall mental well-being.

Objectives of Counselling & Mental Wellbeing Centre

- To provide quality mental health care to the students and staff.
- To help the students solve their personal, educational, social, and psychological problems.
- To help students and staff develop coping skills.
- To enhance the self-esteem of weaker /slow learners / physically challenged students and staff.
- To help the students and staff members to overcome examination stress, anxiety, or phobia.
- To assist the student in planning for educational and vocational choices.
- To help the students know themselves regarding their interests, abilities, aptitude, passion, and opportunities.

- To create awareness, prepare, and motivate to make success stories and decipher plans to overcome life challenges.
- To establish a feeling of mutual understanding between student and teacher.
- To provide Guidance and Counselling services to individual outside the campus with nominal charges.

Services for Students

The Centre provided a variety of services to students and staff, including individual counseling, group counseling, crisis intervention, and workshops and training. This year, most of the services were delivered in-person, with only two cases being handled through tele-counseling.

- Counselling and Therapy Services
- Wellness and Stress Management Workshops
- Mental Health Awareness Campaigns
- Peer Support Groups
- Health and Wellness Check-ups
- 24x7 Helpline or Online Support
- Recreational and Relaxation Facilities
- Recognition and Motivation Initiatives

Team of Qualified Counsellors

- Dr. Suruchi Singh (Assistant Professor- Psychology)- Chairperson
- Dr. Manju Rani (Assistant Professor- Psychology)- Member Counsellor
- Ms. Vartika Singh (Assistant Professor- Psychology)- Member Counsellor
- Mr. Amit K umar Yadav (Assistant Professor- Psychology)- Member Counsellor



We Dost Counselling and Mental Wellbeing Centre



The We Dost Counselling and Mental Wellbeing Centre at K.R. Mangalam University has achieved significant progress in promoting a campus environment that is mentally healthy, emotionally resilient, and supportive.

Through its organized counselling services, awareness initiatives, and wellness workshops, the centre has made a substantial impact on enhancing the psychological well-being of both students and staff. The university's programs, which include individual and group counselling sessions, peer support initiatives, and crisis intervention strategies, have effectively addressed a variety of challenges such as stress, anxiety, depression, and relationship difficulties.

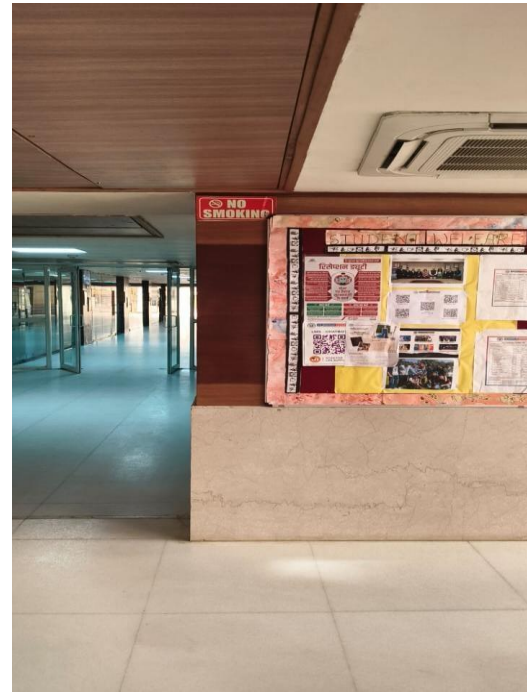
By providing 24x7 helpline support, conducting mental health awareness campaigns, and fostering mindfulness and self-reflection, K.R. Mangalam University has successfully cultivated a culture of openness regarding mental well-being. These efforts not only empower students to manage academic and personal stress effectively but also align with the objectives of SDG 3 – Good Health and Well-being, highlighting the university's comprehensive approach to education that values both intellectual and emotional development. In summary, the We Dost Centre, in partnership with the Chetna Society, has been instrumental in establishing a compassionate, inclusive, and mentally robust university community that emphasizes wellness, empathy, and self-awareness.

3.3.6 Smoke Free Policy

K.R. Mangalam University (K. R. MANGALAM UNIVERSITY), Gurugram, proudly upholds its identity as a **completely smoke-free campus**, reflecting the institution's strong commitment to maintaining a clean, healthy, and sustainable learning environment. The University's policy strictly prohibits smoking in all spaces, including classrooms, hostels, cafeterias, and open areas across the campus.

To reinforce this initiative, **'No Smoking' boards** have been thoughtfully placed at visible points, reminding everyone—students, staff, and visitors alike—of their shared responsibility to keep the campus air fresh and the environment healthy. This step not only supports the well-being of the University community but also nurtures a culture of collective awareness and respect for health and sustainability.

[Smoke Free Campus Policy](#)



No Smoking Sinages displayed across the University Campus

3.3.7. Mental Health Support for Staff

Sustainable Development Goal (SDG) 3 aims to ensure healthy lives and promote well-being for all at all ages. Under this goal, SDG 3.3.7 emphasizes the importance of **mental health support for staff**, recognizing that emotional and psychological well-being are vital components of overall health. In academic and professional environments, mental health directly influences productivity, motivation, and job satisfaction. By prioritizing mental health initiatives, institutions create a supportive atmosphere where staff members can thrive personally and professionally, thereby enhancing organizational effectiveness and harmony. K.R. Mangalam University demonstrates its strong alignment with Sustainable Development Goal 3: Good Health and Well-being through its comprehensive <https://www.krmangalam.edu.in/policies-on-good-health-and-well-being>

Objectives of the Mental Well-Being and Counselling Centre

- To promote awareness and understanding of mental health and emotional well-being among staff members.
- To provide access to counseling, stress management, and wellness programs that foster a healthy work-life balance.
- To create a safe, inclusive, and supportive workplace environment that encourages open discussion about mental health challenges.



- To reduce stigma associated with mental health issues and ensure timely support for those in need.
- To enhance overall staff productivity, engagement, and job satisfaction through sustained mental wellness initiatives.

Services for Staff

- Counseling and Therapy Services
- Wellness and Stress Management Workshops
- Mental Health Awareness Campaigns
- Peer Support Groups
- Health and Wellness Check-ups
- 24x7 Helpline or Online Support
- Recreational and Relaxation Facilities
- Training for Supervisors and Administrators
- Recognition and Motivation Initiatives

Link for [We Dost](#)

A series of well-being initiatives were organized for staff to promote mental and emotional health. Participants engaged in activities designed to reduce tension, enhance mindfulness, and foster relaxation through guided physical and mental exercises. Sessions focused on developing self-awareness, emotional regulation, empathy, and interpersonal skills, equipping staff to manage their emotions effectively. Practical strategies for stress management were also provided to help handle work-related pressures, improve productivity, and maintain a supportive work environment. Collectively, these initiatives reinforced the importance of holistic well-being and emotional resilience among the staff.

List of Events Organized for Mental Health Support for Staff

S. No.	Name of the Activity	Date	Evidence Link
1	Peer Pressure and Stress Management” in collaboration with ISCKON	25 September 2023	Stress-Management-Session Report
2	Expert Session on 'Developing Healthy Relationships	31 October 2023	Expert Session Report



3	Healthy Lifestyle practices for K. R. MANGALAM UNIVERSITY guards and housekeeping staff	09 November 2023	Training Session Report
4	Stress Management Session for Staff	21 November 2023	Expert Session Report
5	Stretching and Let Go through Yoga	28th November 2023	Yoga session Report
6	Heartful Leadership: Inspiring Educators to Lead with Morality and Humanity	03 August ,2023	Expert Session Report
7	Session on Living a Life Full of Purpose	28 December 2023	Expert Session Report
8	Expressive Arts as an Intervention for Clinical & Counselling Practice	30 April 2024	Clinical & Counselling Session Report
09	Building Emotional Intelligence (EI) and the Art and Science of Emotional Brilliance	15 March 2024	Expert Session Report

Peer Pressure and Stress Management in collaboration with ISCKON

The School of Engineering and Technology (SOET) organized an engaging session on “**Peer Pressure and Stress Management**” in collaboration with ISKON, specifically designed for staff members to enhance their understanding of stress triggers and coping mechanisms in professional and personal environments. The session focused on equipping participants with practical strategies to manage workplace stress, handle interpersonal pressures, and maintain emotional well-being. Through interactive discussions and expert guidance, staff members explored techniques for resilience, mindfulness, and effective decision-making under pressure. The event concluded successfully, with participants expressing gratitude for the valuable insights and practical tools shared, leaving them empowered to apply stress management techniques in their daily professional and personal lives.



Glimpse of Session on Peer Pressure and Stress Management

Expert Session on 'Developing Healthy Relationships

The Counseling and Mental Wellness Centre, in collaboration with the School of Management and Commerce (SOMC), Chetna Society, and Student Welfare, organized an enlightening expert session on “Developing Healthy Relationships” for the students of the Management Department. The session aimed to raise awareness about mental health challenges, educate participants on mental toughness, and promote the overall well-being of students. Led by Ms. Lakshmi Kanan, a seasoned professional with over 25 years of experience across multiple industries, the session emphasized the importance of nurturing healthy relationships, understanding their impact, and learning how to disengage from toxic ones. Ms. Lakshmi’s interactive and insightful approach kept students deeply engaged as she shared practical strategies for fostering meaningful connections and maintaining emotional balance. The event concluded with a felicitation ceremony where the Dean of Student Welfare expressed gratitude to Ms. Kanan for her valuable contribution. Overall, the session successfully enhanced students’ understanding of building positive relationships, contributing to their personal and professional growth.



Nurturing Emotional Intelligence: Building Healthy and Meaningful Relationships

Healthy Lifestyle Practices for K. R. MANGALAM UNIVERSITY Guards And Housekeeping Staff

An enlightening session on “Healthy Lifestyle practices for K. R. MANGALAM UNIVERSITY guards and housekeeping staff” was conducted by Chetna Society at KR Mangalam University on 09 November 2023.

The primary reason behind this session was to raise awareness about the importance of living a healthier life and how it can initiate, impact, improve the overall productivity of an individual and the workplace in which they are employed. The guards, as well as the housekeeping staff constitute the most neglected group of persons when it comes to paying attention to their lives, protecting their rights, and sustaining their families. With the provision of commendable support and adequate knowledge, it was hoped that they would be equipped to escape the monotony in their daily lives and, hopefully, advance their mental and physical well-being. The audience received an informative & interactive discussion through sharing of personal experiences and vivid insights on the topic by Dr. Ruchika Yadav - the resource person from Heartfulness Institute & Professor at School of Management and Commerce. This interactive round received an unexpected affirmative response from the participants, and they further decorated it with personal stories to make it even more memorable. The session followed knowledge about a series of life lessons and practices to be followed by them for the betterment of their livelihood.

The importance of leading a spiritually and emotionally oriented lifestyle was expressed through discussions, breathing exercises followed by meditation which would ease the soul of the participants. Towards the conclusion of the event, a feedback form was posed to the

attendants, and it received a gratifying response from both the housekeeping staff as well as the members of Chetna Society. The entire session was deemed as successful through the contented and appeased faces of all the participants.



Empowering the Backbone of K. R. MANGALAM UNIVERSITY: A Session on Health, Hygiene, and Well-being

Stress Management Session for Staff

A Stress Management Session for the faculty members of the School of Engineering and Technology (SOET) was organized on 21 November 2023 at K.R. Mangalam University with the objective of promoting mental well-being and a positive work environment among the teaching staff. The session aimed to create awareness about the causes and effects of stress and to equip faculty with practical strategies to handle stress effectively in both professional and personal life. Conducted by an experienced wellness expert, the session included interactive discussions, mindfulness exercises, and relaxation techniques such as deep breathing and meditation. Faculty members actively participated, sharing their experiences and learning valuable methods to balance workload and maintain emotional health. The outcome of the session was highly positive, as it helped participants understand the importance of stress management for better productivity, improved focus, and overall happiness. The initiative was well appreciated, with faculty members suggesting that such sessions should be organized regularly to ensure a healthy and supportive academic atmosphere.



Glimpse of Stress Management Session for Staff

Stretching and Letting Go through Yoga

The **Chetna Society**, in collaboration with the **Counseling and Mental Wellness Centre** and the **Student Welfare Organization**, organized an expert session on “**Stretching and Let Go through Yoga**” to promote physical and mental well-being among hostel students. The session aimed to enhance students’ physical fitness, reduce stress, encourage a healthy lifestyle, and foster mindfulness and balance through yoga practices. Conducted by **Mr. Rajiv Ranjan**, an experienced yoga instructor, the session included stretching exercises, breathing techniques, and relaxation practices designed to help students release tension and improve concentration. The interactive session allowed participants to learn proper yoga postures and understand the holistic benefits of yoga in managing stress and maintaining overall well-being. The event concluded with a vote of thanks, appreciating the collaborative efforts of all organizing units. Participants expressed their gratitude for the insightful session and left feeling rejuvenated, relaxed, and inspired to adopt a balanced and healthier lifestyle.



Yoga Session conducted by Experts for Health and Well Being

Heartful Leadership: Inspiring Educators to Lead with Morality and Humanity

A transformative leadership development session was organized by Chetna Society for teachers of K.R Mangalam University on 03 August, 2023. The focus of the session was not to encourage teachers to compete in the rat race of leadership, but rather to inspire them to become beacons of morality and humanity who ignite the spark of goodness among their students and colleagues alike. The resource person for the event was Dr. Ruchika Yadav, a Certified Heartfulness Institute Trainer. The faculty coordinators of the event were Mr. Krishan Kumar and Dr. Isha Chhabra, Assistant Professor, SOMC, K. R. MANGALAM UNIVERSITY. The experiential session was attended by around 32 faculties. The participants were encouraged to embrace their roles as mentors and influencers, steering away from traditional hierarchical leadership and instead fostering a culture of shared leadership. As the session came to a close, there was a shared sense of purpose and commitment among the teachers. The focus was not on competing with one another but on complementing and supporting each other's growth as leaders. leadership is not about being ahead of others but about being a role model who uplifts and empowers everyone around them.



Transformative Leadership Development Session Being Conducted by an Expert during the programme organized by Chetna Society

Session on Living a Life Full of Purpose

An Enlightening & Experiential Session titled “Living A Life Full of Purpose” was conducted by the Chetna Society for the Non- Teaching Staff & Students at K R Mangalam University, Gurugram on 28th December 2023.

The primary reason behind this session was to raise awareness about escaping the monotony and living a purposeful life. The audience received an informative discussion, personal experiences of contemplation with the usage of transmission energy & vivid insights were being shared by Dr. Ruchika Yadav- A Certified Heartfulness Trainer, Convener - Chetna Society & Professor at the School of Management and Commerce.

She raised an important question regarding the ability of non-teaching staff and participants to know whether they have already encountered the reason behind their existence and whether they’ve experienced any amount of ambiguity related to the same.

This interactive round received an unexpected affirmative response from the participants and decorated it with personal stories to make it even more memorable. The audience maintained the required discipline and were participative when posed with relevant questions.

As the entire session reached its conclusion, it was deemed as successful through the glimmering and gratified faces of all the participants.



Heartfulness Wellness Expert Conducting Session on Living a Life Full of Purpose

Expressive Arts as an Intervention for Clinical & Counselling Practice

The Chetna Society, in collaboration with K. R. MANGALAM UNIVERSITY, organized an insightful hybrid workshop on “Expressive Arts as an Intervention for Clinical & Counselling Practice” on April 30, 2024, aimed at enhancing the mental and emotional well-being of pan-university students. The session, conducted by Dr. Ashima Narula and Ms. Anshika Rana, introduced students to the concept of Expressive Art Therapy and its potential benefits for emotional growth, stress reduction, self-awareness, and resilience. Through various art modalities such as painting, drawing, sculpture, music, dance, and drama, participants explored their emotions, experiences, and self-identity in a safe and supportive environment. The workshop also highlighted how expressive arts can be applied as innovative interventions in clinical, counselling, and community settings. The event concluded successfully with students expressing gratitude for the enriching experience, leaving with enhanced self-awareness, empowerment, and motivation to explore creative avenues for personal and professional growth.



Session on Expressive Art Therapy Being Conducted by the Expert

International Yoga Day

The School of Architecture and Design celebrated International Yoga Day with great enthusiasm at the Indian Knowledge System (IKS) Gallery — a space that beautifully reflects India's rich cultural and intellectual heritage. The session highlighted yoga not just as a fitness practice but as an essential part of India's ancient wisdom, promoting balance between the mind, body, and spirit. Holding the event in the IKS Gallery added deeper meaning, reminding everyone of the timeless relevance of India's traditional knowledge — from architecture and design to science, health, and philosophy.

This celebration was more than just a yoga session; it was a moment to reconnect with the roots of Indian knowledge systems and appreciate their value in today's fast-changing world. SOAD's initiative reflects its commitment to blending modern design education with the age-old wisdom of India, inspiring students to create with mindfulness, sensitivity, and sustainability at heart.



Yoga for Wellness is being conducted for Staff

Expert Session on “Building Emotional Intelligence (Ei) And The Art and Science of Emotional Brilliance

K.R. Mangalam University hosted an engaging expert session on “Building Emotional Intelligence (EI) and The Art and Science of Emotional Brilliance”, organized by the MUN Club in collaboration with the Chetna Society. The session aimed to enhance students’ understanding of Emotional Intelligence by exploring its core components, practical applications, and strategies to manage emotions effectively, improve interpersonal relationships, and foster emotional resilience in both personal and professional settings. The workshop was conducted by Ms. Sonal Goel, IAS Secretary from the Tripura Government, who shared her experiences and emphasized the significance of EI, self-regulation, and journaling. Students actively participated in the interactive session, gaining insights into the importance of emotional intelligence in personal growth and professional evaluation. The event concluded with a heartfelt vote of thanks delivered by Mr. Anurag Sharma, MUN Club member, expressing gratitude to Ms. Goel and the participants. Overall, the session successfully enriched students’ understanding of emotional intelligence and inspired them to develop skills for emotional brilliance and resilience.



Session on Emotional Intelligence being attended by the participants