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THE GLIMPSE

A BI-ANNUAL MAGAZINE
DEPARTMENT OF MANAGEMENT



KASTURI RAM COLLEGE OF HIGHER EDUCATION

(AFFILIATED TO GGSIP UNIVERSITY, NEW DELHI)

AWARDED 'A' GRADE BY SFRC & GGSIPU

AN ISO 9001:2015 CERTIFIED INSTITUTE

MEMBER OF COMPUTER SOCIETY OF INDIA

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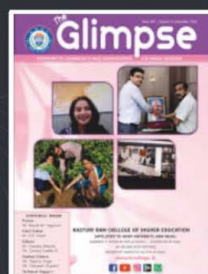
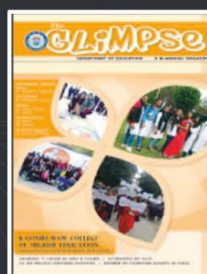
KRCHE PROFILE

Kasturi Ram College of Higher Education (KRCHE) affiliated to Guru Gobind Singh Indraprastha University was set up in the academic year 2005 under the aegis of Kasturi Ram Research Centre for Science and Management with the mission of promoting quality education and building competent professionals.

Kasturi Ram College of Higher Education, Narela, an ISO 9001:2015 certified institute, affiliated to GGSIP University, has five courses – Bachelor of Business Administration, Bachelor of Commerce (Hons.), Bachelor of Arts (Journalism & Mass Communication), Bachelor of Education & Bachelor of Computer Applications. It is one of the most prestigious colleges of the GGSIP University.

S.No.	Programme/Course	Duration of Programme	Intake for the Academic Session 2023-24
1	Bachelor of Business Administration – (General)	3 Yrs.	50
2	Bachelor of Business Administration – (General) (2 nd Shift)		50
3	Bachelor of Commerce (Hons.)		50
4	Bachelor of Computer Applications		30
5	Bachelor of Arts Journalism and Mass Communication		30
6	Bachelor of Education	2 Yrs.	100

Our Publications



Campus : Narela, Delhi-110040. 011-27787132, 8802841785

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Executive Chairperson's Message
Shri Rajesh Kumar Aggarwal

Dear Students,

I extend a warm welcome to the dynamic community of BBA,BCA, B.Com, BA(JMC) and B.Ed. students. It is with great enthusiasm that I address you, recognizing the immense potential within each of you.

Our college serves as a beacon for your aspirations, dedicated to nurturing your dreams into tangible realities.

Our commitment transcends traditional education; we provide an environment that fosters innovation and practical learning experiences. Through internships and industry alliances, we aim to equip you with the skills necessary for success in today's evolving landscape.

Beyond academics, our institution thrives on its diverse tapestry of individuals. Embrace this diversity, as it enriches your educational journey, preparing you for a global stage.

Your dreams are our compass. Seize the countless opportunities, connect with peers, and forge a network that supports your ambitions. Together, let's craft a future where your aspirations carve a distinguished path.

Best regards,

Shri Rajesh Kumar Aggarwal

As we embark upon another edition of The Glimpse, our bi-annual journey into the vibrant tapestry of our academic session, I am thrilled to extend my warmest greetings to each of you.

The Glimpse serves as a window into the diverse range of activities that have enriched our academic environment over the past semester. It encapsulates the essence of our institution - a hub of innovation, creativity, and intellectual pursuit.

Within these pages, you will find a kaleidoscope of events, from academic symposiums to cultural celebrations, from groundbreaking research to community outreach initiatives. Each article, photograph, and testimonial is a testament to the dedication and passion of our students, faculty, and staff.

This edition of The Glimpse is particularly special as it not only reflects on our achievements but also serves as a roadmap for the journey ahead. As we navigate the ever-evolving landscape of education, it is imperative that we continue to push boundaries, challenge norms, and strive for excellence in all endeavours.

I extend my heartfelt gratitude to the editorial team for their tireless efforts in curating this edition. Their commitment to capturing the spirit of our institution is truly commendable.

Thank you for being a part of our journey. Together, let us continue to illuminate minds, transform lives, and shape a brighter future.

Dr. Seema Sharma

Best Wishes.



Director's Message
Dr. Seema Sharma

KRCHE EVENTS



Independence Day on 14-8-2023



Orientation Day II & III Year
on 04-09-2023



Teacher's Day on 05-09-2023



Orientation Day I Year
on 19-9-2023



Blood Donation Camp on 18-10-2023



18th Annual Sports Meet from
19-10-2023 to 21-10-2023



Kasturian Carnival on 8-11-2023

NATIONAL SERVICE SCHEME CELL ACTIVITIES



Ghar Ghar Tiranga Veeron Ka Vandan
Plantation Drive from 09-08-23 to 16-08-23



Engaging Youth for a T.B. Mukt
Bharat A Conclave on 18-08-23



Akshay Urja Diwas on 19-08-23



Best Wishes to Chandrayan -3
on 23-08-23



Cyber Security Awareness Campaign
on 25-08-23



Grassroots Innovations and Skill
Development Conclave for Rural
Development from 11-09-23 to 16-09-23



Swachhta Pakhwada on 29-09-23



IPU Health Mela from
05-10-2023 to 10-10-2023



Selection of NSS Team on 08-10-23



Swadeshi Apnao Khadi Mahotsav
on 16-10-2023



Blood Donation Camp On 18-10-23



Role of Intestinal Microbiota and
Probiotics in Health & Disease
Workshop on 21-10-23



Meri Maati Mera Desh on 31-10-23



Rashtriya Ektas Diwas Pledge Ceremony
on 06-11-2023



Eco Friendly Diwali Pledge-Kasturiya
Carnival on 08-11-2023

ECO CLUB ACTIVITIES



Akshay Urja Diwas Pledge
on 20-08-2023



Teacher's Day Tree Plantation Activity
on 05-09-2023



The Protection of Ozone Layer to
Save the Planet on 15-09-2023



World Ozone Day Tree Plantation
on 16-09-2023



Green Ganesha-Clay Craft Workshop
on 19-09-2023



Swachhta Pakhwada from
29-09-2023 to 02-10-2023



Swachhta Pakhwada Cleanliness Drive
on 30-09-23



Sankalp Sabha on 03-11-2023



Eco Friendly Diwali Pledge-Kasturian
Carnival on 08-11-2023



Spark Change-A Step towards Energy
Conversation on 27-12-2023

WORKSHOPS, SEMINARS AND WEBINARS



Workshop "Cyber Security Awareness" on 25-08-2023



Seminar "How to Build Vocabulary" on 21-09-2023



Workshop "Team Working" on 22-09-2023



Seminar "Vedic Maths" on 29-09-2023



Seminar "How to Clear an Aptitude Test" on 03-10-2023



Seminar "How to clear Group Discussion and Personal Interview" on 09-10-2023



Quiz Competition "Famous Entrepreneurs and Business Leaders" on 17-10-2023

EXCURSIONS AND VISITS



Industrial Visit "Yakult Danone Pvt. Ltd."
on 26-09-2023



Educational Visit "Red Fort"
on 06-10-2023

SHORT TERM SKILL ENHANCEMENT COURSES

Short term skill enhancement courses play a pivotal role in shaping the holistic development of students in our college. In today's dynamic and competitive job market, possessing specialized skills is crucial for career success. These short-term courses at KRCHE offer a targeted and efficient way for students to acquire practical knowledge and expertise in specific areas, complementing their academic curriculum. By participating in these courses, students can bridge the gap between theoretical learning and practical application, enhancing their overall employability. Furthermore, short-term skill enhancement courses cater to the evolving needs of industries, ensuring that students are equipped with the latest tools and technologies. The hands-on experience gained through these courses not only boosts confidence but also fosters a proactive and innovative mindset. Additionally, these courses often involve industry experts as instructors, providing students with valuable insights and networking opportunities. Our College prioritize short-term skill enhancement courses demonstrate a commitment to producing graduates who are not only academically proficient but also ready to face real-world challenges with practical know-how. Ultimately, investing in such courses is an investment in the future success and versatility of our college graduates.

These courses are:

Tally

Digital Marketing

Advance Excel

Hindi Typing

Personality Development & Communication Skills (PDCS)

INCEPTION OF DIFFERENT CLUBS AND SOCIETIES



Rhythmic Fusion Society



Literary Society



Sports Society



Rangmanch Society



Palette Mixtures Society



Capturing Moments Society

CONFLUENCE

The Significance of Medications in Managing Anxiety Attacks

Anxiety, a common mental health concern, affects millions of individuals worldwide. Those who have experienced anxiety attacks understand the overwhelming fear and unease that can accompany these episodes. In such instances, medications prescribed to manage anxiety become a critical component of treatment, offering much-needed relief and improving the quality of life for those affected.

One of the primary advantages of anxiety medications is their ability to provide rapid relief during acute anxiety attacks. These medications, often classified as anxiolytics or benzodiazepines, work swiftly to calm the overactive nervous system. This immediate relief is invaluable for those caught in the grip of a panic attack, allowing them to regain control over their thoughts and emotions.

Anxiety attacks can be debilitating, interfering with an individual's ability to carry out daily activities. Anxiety medications help restore a sense of normalcy by reducing the intensity and frequency of these attacks. As a result, individuals can lead more productive lives, maintain employment, and engage in social interactions with increased confidence.

The burden of chronic anxiety can significantly diminish one's overall quality of life. Medications designed to manage anxiety attacks often alleviate the emotional distress associated with this condition. They can enhance a person's sense of well-being, reduce the emotional toll, and contribute to an improved overall quality of life.

Medications can act as a valuable tool in the treatment of anxiety, particularly when combined with therapy and self-help strategies. By reducing the intensity of anxiety attacks, medications can make it easier for individuals to engage in therapy sessions and learn coping techniques. This combination of medication and therapy often yields the most successful outcomes in managing anxiety.

Anxiety medications are not a long-term solution for managing anxiety but serve as a lifeline during critical situations. For individuals who find themselves in exceptionally distressing circumstances or experiencing acute anxiety, these medications provide temporary relief. They can help individuals regain emotional stability and ensure their safety during times of crisis.

It is essential to emphasize that anxiety medications should be prescribed and monitored by a healthcare professional. These professionals can assess an individual's specific needs, recommend the appropriate medication, and monitor its effectiveness. Furthermore, healthcare providers can ensure that patients do not become overly reliant on medications and help them develop a long-term strategy for managing anxiety, which may include therapy and lifestyle adjustments.

In conclusion, anxiety medications play a pivotal role in managing anxiety attacks and improving the lives of those affected by this condition. While they offer immediate symptom relief and facilitate daily functioning, they are most effective when used in conjunction with therapy and self-help strategies. The importance of professional guidance in prescribing and monitoring these medications cannot be overstated, ensuring that individuals receive the best possible care in their journey toward managing anxiety and regaining control over their lives.

Chehak Maheshwari
BBA, 2nd year

TOPPERS

BBA SHIFT-1 (May,2023)



RADHIKA AGGARWAL
BBA-VI 87%



ANSHIKA MANGLA
BBA-VI 84%



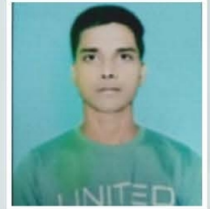
HIMANSHU
BBA-VI 81%



ANSHIKA MAHUR
BBA-VI 74%



UDAY PATHANIA
BBA-VI 67%



VIPIN KUMAR VERMA
BBA-VI 65%

BBA SHIFT -II (May,2023)

BBA SHIFT-1 (May,2023)



RITI SHARMA
BBA-IV 81%



VANSH
BBA-IV 80%



PAVNI GUPTA
BBA-IV 79%



SUJEET KUMAR LENKA
BBA-IV 64%



SAHIL JOSHI
BBA-IV 63%



DIKSHA AGGARWAL
BBA-IV 60%

BBA SHIFT -II (May,2023)

BBA SHIFT-1 (May,2023)



SAMRIDHI
BBA-II 80%



PRIYAM SHARMA
BBA-II 79%



PRIYANSHI JINDAL
BBA-II 77%



MANYA SAXENA
BBA-II 81%



KHUSHI GAUR
BBA-II 70%



AKSHITA GUPTA
BBA-II 69%

BBA SHIFT -II (May,2023)

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