



GALGOTIAS SUSTAINABILITY BULLETIN

LEADERSHIP, LEARNING & ENVIRONMENTAL STEWARDSHIP

OCTOBER 2025



NEWSLETTER





**LEADERSHIP,
LEARNING
& ENVIRONMENTAL
STEWARDSHIP**

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SUSTAINABILITY
BULLETIN

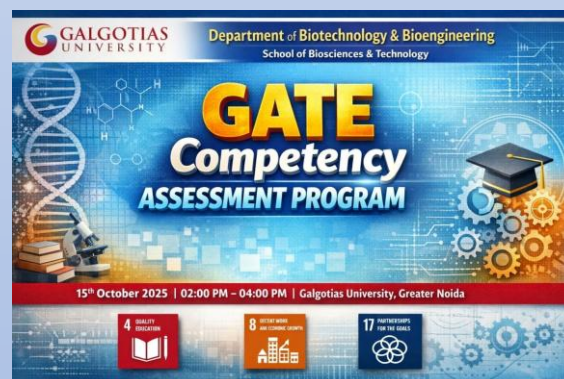


” Institution’s Innovation Day – Inspiring Ideas, Igniting Entrepreneurship



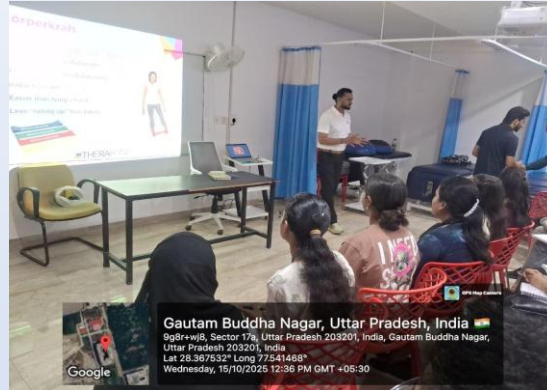
On 15th October 2025, the Department of Biotechnology & Bioengineering, School of Biosciences & Technology, Galgotias University, celebrated Institution’s Innovation Day to foster innovation and entrepreneurship among students. The session focused on developing an entrepreneurial mindset, creative problem-solving abilities, and transforming innovative ideas into viable business ventures. Students actively participated in brainstorming and discussions on real-world challenges and explored innovative solutions. The event also provided insights into successful entrepreneurial journeys, funding opportunities, and institutional support mechanisms for startups. The programme inspired students to explore entrepreneurship beyond conventional career paths and encouraged them to pursue innovation-driven ventures with confidence and purpose.

” GATE Competency Assessment – Evaluating Readiness, Strengthening Performance



On 15th October 2025, the Department of Biotechnology & Bioengineering, School of Biosciences & Technology, Galgotias University, Greater Noida, organized the GATE Competency Assessment Program in offline mode. The programme witnessed the participation of 42 students and 2 faculty members. The assessment focused on core subject knowledge, problem-solving abilities, and time management skills. Students were also briefed on the GATE examination pattern, scoring scheme, and the importance of conceptual clarity. Post-assessment discussions enabled students to identify their strengths and learning gaps and develop targeted preparation strategies. The programme motivated students to adopt a systematic and focused approach towards GATE preparation and future academic and professional opportunities.

Science Behind the Therabands – Bridging Physiotherapy Knowledge with Clinical Practice



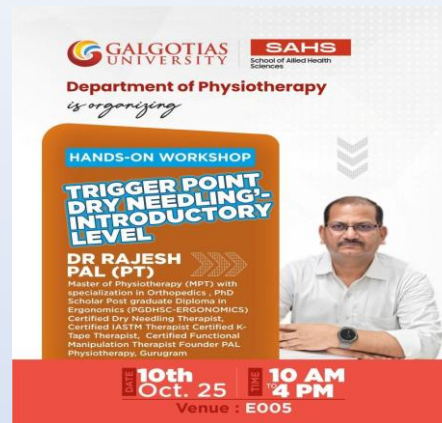
On 15th October 2025, the School of Allied Health Sciences, Department of Physiotherapy, Galgotias University, organized an enriching hands-on workshop on “Science Behind the Therabands.” The session aimed to strengthen skill-based learning by connecting theoretical concepts with practical clinical applications. The workshop was facilitated by Dr. Majid Khan (PT), Founder & Director of Körperkraft Physiotherapy, Rehab and Recovery, and HOD & Senior Consultant at Pushpanjali Medical Centre, New Delhi. As a Sports Injury Specialist, Dr. Khan shared valuable clinical insights and demonstrated innovative rehabilitative strategies using therabands. The interactive session enhanced students’ understanding of therapeutic techniques and provided practical exposure to their application in physiotherapy and sports rehabilitation.

Complete Antenatal & Postnatal Fitness – Empowering Maternal Health through Physiotherapy



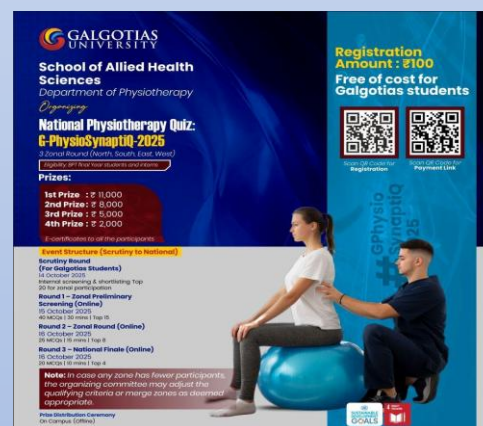
On 8th October 2025, the Department of Physiotherapy, Galgotias University, organized a One-Day Hands-on Workshop on “Complete Antenatal and Postnatal Fitness” at Room No. E005, E-Block. The workshop focused on strengthening the knowledge and practical competencies of physiotherapy students and professionals in maternal healthcare. Dr. Divya Gaur, an eminent specialist in gynaecological physiotherapy, conducted the expert session and shared valuable insights into physiological changes during pregnancy, safe exercise interventions, pelvic floor rehabilitation, posture correction, breathing techniques, and postpartum recovery. The hands-on training enabled participants to practice evidence-based antenatal and postnatal exercises under expert guidance, with emphasis on safety, contraindications, and individualized exercise protocols. Case-based learning further enhanced clinical reasoning and patient-centered care. The workshop successfully bridged theoretical knowledge with clinical practice and highlighted the vital role of physiotherapy in promoting holistic maternal health and well-being.

Trigger Point Dry Needling – Advancing Clinical Skills in Pain Management



On 10th October 2025, the Department of Physiotherapy, Galgotias University, organized a One-Day Hands-on Workshop on “Trigger Point Dry Needling – Introductory Level” at Room No. E005, E-Block. The workshop aimed to equip students and faculty members with foundational knowledge and practical skills in dry needling for pain management and musculoskeletal rehabilitation. Dr. Rajesh Pal, an experienced physiotherapy professional and certified dry needling practitioner, conducted the technical session, covering trigger point physiology, indications, contraindications, safety protocols, and clinical applications. Participants received hands-on training in needle handling, sterile techniques, trigger point identification, and safe application under expert supervision. Interactive discussions further explored the integration of dry needling with manual therapy and therapeutic exercises. The workshop successfully strengthened clinical confidence, practical competency, and awareness of evidence-based approaches in modern physiotherapy practice.

PhysioSynaptiQ 2025 – Connecting Minds, Celebrating Excellence in Physiotherapy



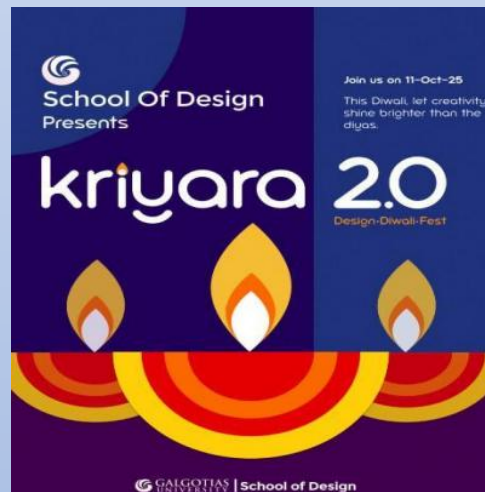
On 14th–16th October 2025, the Department of Physiotherapy, School of Allied Health Sciences, Galgotias University, organized PhysioSynaptiQ: National Physiotherapy Quiz 2025, a prestigious national-level academic competition for BPT final-year students and interns. The event aimed to promote academic excellence, clinical reasoning, critical thinking, and inter-institutional engagement among physiotherapy students across India. The competition featured a university-level screening followed by Zonal Preliminary, Zonal, and National Finale rounds, testing participants on core areas including musculoskeletal, neurological, cardiopulmonary physiotherapy, electrotherapy, therapeutic exercises, and research methodology. The national winners were Mohammad Arshad Rehman (Jamia Hamdard, New Delhi) as First Prize winner, followed by Mehta Dhanvi Mithilesh, Shreya Pandey (Galgotias University), and Raki Biswas. The event concluded with an offline prize distribution ceremony, celebrating academic achievement and strengthening nationwide collaboration in physiotherapy education.

Design Thinking Expo 2025 – Transforming Ideas into Innovative Solutions



From 8th to 11th October 2025, the Department of Electrical, Electronics & Communication Engineering (DEECE), Galgotias University, organized a Design Thinking Expo to foster innovation, creativity, and problem-solving skills among students. The expo featured enthusiastic participation, with students presenting innovative projects addressing practical challenges in society, technology, sustainability, and industry. The projects demonstrated key stages of the design thinking process, including problem identification, ideation, prototyping, and solution development. Faculty members interacted with participants and explored the technical implementation, motivation, and potential real-world impact of the projects. The event provided an engaging platform for peer learning, technical presentation, constructive feedback, and confidence building. The expo successfully strengthened the university's innovation culture and encouraged students to transform creative ideas into practical and impactful solutions.

KRIYARA 2.0 – Celebrating Design, Diwali & India's Cultural Diversity



On 11th October 2025, the School of Design, Galgotias University, organized KRIYARA 2.0, a vibrant celebration of creativity, culture, and artistic expression inspired by the diverse states of India. Students showcased their talent through thematic installations, artworks, handcraft competitions, photography exhibitions, and cultural performances. The campus was transformed into a colourful representation of India's rich cultural heritage, with students creatively incorporating traditional motifs, colours, materials, and cultural symbols into their designs. The event also featured energetic dance, music, and cultural presentations that fostered teamwork, confidence, and cultural appreciation. A certificate distribution ceremony recognized the creativity and dedication of participating students. KRIYARA 2.0 successfully provided an engaging platform for students to explore cultural narratives through design, innovation, and artistic expression while celebrating the spirit of Design, Diwali, and Diversity.



GALGOTIAS UNIVERSITY

Rising significance of Adaptability Quotient

IQ, EQ are vital, but AQ complements them by giving an aspirant's complete persona, writes Wg Cdr Dinesh Mathur, VSM (Retd)

For across time, most recruitment procedures have primarily focused on a dual paradigm of Intelligence Quotient (IQ) and Emotional Quotient (EQ). Here, IQ, which measures cognitive abilities, includes the ability to reason and solve problems. At the same time, EQ is the ability to understand, use, and manage your emotions, and understand others' emotions. With the rapid advancements in technology and the changing demands of the office, not only IQ and EQ, but also Adaptability Quotient (AQ) is assuming increasing importance and can no longer be overlooked by recruiters. In simple terms, AQ refers to a person's ability to adapt in new situations and flourish in transforming environments.

AQ evaluates how well people are capable of handling uncertainty, overcoming challenges, and adapting their behaviour in response to new inputs or environments. It, therefore, implies that AQ is currently a highly valued personality trait in this technological, advancing and VUCA world. The AQ would invariably encompass the desire and capability to assimilate new concepts rapidly, discard outdated views or systems, and have an urge to bounce back after failure. In addition, inquisitiveness and openness to exploring new experiences and situations and possessing control over emotions when facing uncertainty and stress, would also encompass the concept of AQ.

Recently, Google CEO Sundar Pichai predicted that AI will be more transformative than the internet. Many tech leaders have expressed similar views. It is now believed that AI adoption alone will disrupt 44% of workers' skills by 2028, and executives estimate that 40% of their workforce must reskill within three years to stay relevant.

Additionally, globalisation demands that one must adapt to working in different time zones and become familiar with other languages and cultures. All these are essential requirements of the new world. The World Economic Forum's Future of Jobs 2023 survey of 803 companies (11.3 million employees) ranks resilience, flexibility and adaptability as top skills for the future.

Performance Goals

Skills must be continuously upgraded, and outdated practices abandoned, to remain ready to face new challenges. Yet another dimension to this issue is transnationalism and the amalgamation of cultures, which leads to different business practices, working habits, and new norms of functioning, resulting in higher performance goals.

It directly behind analytical and creative thinking in its top 10 core skills, and lists curiosity and lifelong learning among the fastest-rising abilities. Employers are now focusing on AQ as an inescapable requirement for both hiring and talent development.

Flexible Approach

Though some tests to measure AQ have emerged, unlike IQ, it is difficult to quantify it through standard tests. However, various assessments and psychological frameworks have been developed to measure adaptability in fields such as cognitive flexibility, emotional regulation, and learning agility. These tools may include scenario-based evaluations and reflective exercises. By asking a few probing questions, one can get a reasonable idea of a person's AQ. It can be developed by adopting focused strategies. First, one needs to willingly accept change as a natural part of life. Second, one should try to remain calm and seek answers to questions about new developments. Third, one must encourage the growth of one's mind and grab opportunities to learn and gain more knowledge. Fourth, do not consider asking for help as a sign of weakness. Fifth, remaining open-minded is vital, as it enables the adoption of new approaches. Furthermore, one need not hesitate to unlearn outdated information. Finally, take small steps in work on projects towards new goals. This will help enhance AQ.

(The author is retired wing commander and former chief instructor, Defence Institute of Psychological Research)



DELHI HIGH COURT

Advertorial, Education Promotional Feature

Delhi HC ruling on attendance in Law schools calls for engaging setups in classroom

The Court's judgment highlights that legal education must involve practical knowledge of law via internships, prison visits, debates and seminars

Sonal Srivastava
@sonal_srivastava

The recent Delhi High Court (HC) ruling on how law colleges or universities can 'bar' students from taking exams due to lack of attendance, confirms that students are allowed to gather practical knowledge through internships, prison visits and legal aid. Universities bound by this judgment cannot bar any student from taking the exam or being promoted to the next semester based on attendance. However, in the final semester, a re-evaluation of grades would be permitted. This has increased the challenge for law professors who need to make classes interesting and engaging to retain students' attention.

A bench of Justice Pratibha M Singh and Justice Amit Sharma held that the absolute ban against appearing in an examination without fulfilling mandatory physical attendance norms as contained in Rule 12 of the Legal Education Rules, 2008, is contrary to the spirit of NEP 2020, and the 2003 UGC Regulations.

The Court has directed BCI to consult all stakeholders and revise its mandatory attendance norms by providing credit marks for moot courts, internships, seminars, immediately start weekly notification of attendance and inform parents/guardians monthly in cases of attendance shortage; devise means to cover up shortage of attendance via legal aid clinics, home assignments or minimal reduction in grades but promotion to next semester shall not be withheld on ground of shortage of attendance.

Since this judgment is delivered by the Delhi HC, it is binding on all state universities under the Delhi government and also the central universities located in Delhi. Other states may choose to follow its reasoning, but they are not necessarily bound by it. Universities bound by this judgment will have to relax their attendance rules and adopt alternate methods to ensure academic



Quality Matters

Mandatory attendance was prescribed by the BCI and universities were bound by this decision. "The judgment, though binding only in Delhi, has persuasive value for other High Courts. We should not return to the earlier era of non-seriousness in legal education. Good legal education is essential for maintaining the quality of the Bar and the Bench. Teachers must also understand that students do not attend classes solely for information. AI can provide such information instantly, we need to become more creative in our teaching and learning methods. Universities should administer all laws with empathy," says Faizan Mustafa, Vice-Chancellor, Chanakya National Law University, Patna.

For Law Department, University of Delhi.

"In the present semester, no student would be barred from taking the exam or being promoted to the next semester based on attendance, however, in the final result of the semester, a reduction in grades would be allowed. Institutions have been advised to ensure learning through other practical teaching modules such as moot courts, prison vi-

Many Methods

The option of supplementary exams also provides the detainee with the opportunity to cover up his losses, thereby minimising distress. "Mandatory attendance ignores the reality of several students, their daily commute, financial hardships, family responsibilities, stress of living away from home and many times such forced classes offer no value addition to students' knowledge. Instead of forcing students to attend classes, it would be better to adopt multidimensional education through video tutorials, practicals, and extracurricular activities. Teachers should work to improve the quality of their lectures by engaging students, as engaging lectures naturally attract students. Regular attendance updates instead of a single notice at the end of the semester will allow students and parents to take corrective steps in a timely manner," says Deswal.

The Delhi High Court's judgment highlights that legal education cannot be rote learning but must involve practical knowledge of law, which may be obtained through internships in courts, among other avenues. "The judgment only prescribes detaining or otherwise preventing students from appearing for the end-of-term exams. The Court suggests that a deduction of up to 5% marks in cases of low attendance may be a proportionate penalty for the attendance shortage," says Parvati Sahai, assistant pro-



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- School of Aviation, Logistics & Tourism Management
- School of Forensic Sciences

Eligibility- Candidates having prior experience of handling placements in one of the above schools will be preferred.

Interested candidates should email their resume indicating the position applied for within 15 days of this advertisement at the following:

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GALGOTIAS UNIVERSITY

www.galgotiasuniversity.edu.in

E-mail: recruitments@galgotiasuniversity.edu.in

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QUALIFICATIONS & REQUIREMENTS:

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- Excellent verbal and written communication skills.
- Proficient with MS Office (Word, Excel, PowerPoint), digital collaboration tools.

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Galgotias University is committed towards the 17 Sustainable Development Goals of the United Nations



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