

दयानन्द महिला महाविद्यालय, कुरुक्षेत्र
सूचना

दिनांक 03.12.2021

महाविद्यालय की सभी छात्राओं को सूचित किया जाता है कि महाविद्यालय में निम्नलिखित "Value Added Course" (30 Hours) निःशुल्क चलाए जा रहे हैं, जिनमें किसी भी संकाय की छात्राएं Admission ले सकती हैं। ये Courses सामान्य Courses के साथ चलाए जा रहे हैं। इससे सम्बन्धित जानकारी व Admission लेने हेतु निम्न प्राध्यापिकाओं से दिनांक 10.12.2021 तक सम्पर्क करें।

Retail Management	Mrs. Minakshi Thakral Mrs. Sapna Arora
Basics of Marketing	Mrs. Minakshi Thakral Mrs. Sapna Arora
Stress Management	Mrs. Urmila Singh Dr. Urmila Panghal
Yoga	Dr. Anu Chauhan
Nutrition & Fitness	Dr. Shweta Saini Ms. Upasana
मानव जीवन में नैतिक मूल्य	Dr. Suman Rajan Dr. Manjeet Dr. Seema Dr. Reerja Dr. Arti Aggarwal
Indian Constitution	Mrs. Saroj Bala
Indian National Movement	Dr. Rukmesh
Science Around Us	Mrs. Asha Malik Ms. Suman Rani

481
31/12/21

Principal

Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

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LM

Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

Convenor
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

श्रीमती मीनाक्षी ठाकुर
श्रीमती उर्मिला सिंह
डॉ० उर्मिला पंगवाल
श्रीमती सपना अरोड़ा
डॉ० सुमन राजन
डॉ० अनु चौहान
श्रीमती सरोज बाला
डॉ० रुक्मेश
श्रीमती अशा मलिक

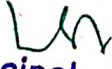
मूल्य अभिवृद्धि पाठ्यक्रम (सत्र-2021-22)


'गीता में जीवन-प्रबन्धन'

कालावधि - 30 घंटे

- प्रथम अध्याय : श्रीमद्भगवद्गीता : स्वरूप-परिचय ।
द्वितीय अध्याय : जीवन-प्रबन्धन के महत्वपूर्ण सूत्र ।
सूत्र एक : योग - स्वस्थ मन, स्वस्थ तन ।
सूत्र दो : इच्छाशक्ति, ज्ञानशक्ति एवं क्रियाशक्ति का समन्वय ।
सूत्र तीन : कर्मशीलता ।
सूत्र चार : कर्तव्यपरायणता ।
सूत्र पांच : सकारात्मक दृष्टि ।
सूत्र छह : समर्पण भाव ।
सूत्र सात : समय-प्रबन्धन ।
सूत्र आठ : पंच-विकारों का त्याग (काम, क्रोध, लोभ, मद-मोह, अहंकार) ।
सूत्र नौ : आध्यात्मिक चेतना ।

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- सूत्र दस : एकाग्रचित्तता ।
 सूत्र ग्यारह : जिज्ञासा ।
 सूत्र बारह : संधिनीप्रज्ञा ।
 सूत्र तेरह : स्थितप्रज्ञता ।
 सूत्र चौदह : निर्भयता ।
 सूत्र पंद्रह : अंतःप्रकृति और बाह्यप्रकृति में संतुलन ।
 सूत्र सोलह : तनाव मुक्त जीवन-शैली ।
 सूत्र सत्रह : व्यसहार कुशलता ।
 सूत्र अठारह : विवेक शैलता एवं चारित्रिक बल ।

प्राचार्या




Principal
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 Kurukshetra (Haryana)

संयोजिका - डॉ. सुमन
 (संस्कृत-विभागाध्यक्षा)

सह-संयोजिका - डॉ. अ
 अग्र
 (हिन्दी-प्राध्यापिका)

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मूल्य अभिवृद्धि पाठ्यक्रम की सम्प्राप्ति (2021-22)

Course Outcome of Value added Course

विषय: गीता में जीवन-प्रबन्धन

'गुणकर्म विभागज्ञः' इस सिद्धान्त पर आधारित महान ग्रंथ श्रीमद्भगवद्गीता 'वर्तमान भौतिक जीवन में अपनी विश्वकल्याणकारी शिक्षाओं के आधार पर मानव जीवन-शैली का उचित एवं सु-निर्वाहित रूप से प्रबन्धन करता है। शैक्षणिक उद्देश्यों की पूर्ति करते हुए प्रस्तावित पाठ्यक्रम की ^{अभीष्ट} सम्प्राप्ति इस प्रकार है -

शैक्षिक प्रक्रिया के आधार पर गुण और-कर्म के सिद्धान्तानुसार विद्यार्थियों में ज्ञान, आत्मविश्वास एवं अनुशासन की भावना विकसित करना।

दृढ़ इच्छाशक्ति एवं ज्ञानशक्ति के साथ क्रियाशक्ति में अभिवृद्धि करना।

कर्मशीलता एवं कर्तव्यपरायणता को विकसित करते हुए समारात्मक दृष्टिकोण विकसित करना।

जीवन की दुन्दुलात्मक परिस्थितियों में निर्भयतापूर्वक स्थितप्रज्ञ रहने के लिए प्रेरित करना

बनावमुक्त जीवन शैली जीने हेतु मानसिक बल प्रदान करना

विवेकशीलता के गुण को विकसित करते हुए विद्यार्थियों का चारित्रिक उत्थान करना।

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List of Student's enrolled in
Value Added Course - गीता में जीवन प्रबन्धन (2021-22) (10.01.2022 - 08.02.2022)
(30 Contact Hours) (Signature (for Certificate Received))

Sr. No	Name	Class	Roll No.	Father's Name	Mobile number	Signature
1	Simran	BA final year	3118420015	Inderjeet Singh	7419340206	
2	Reena Rani	BA final year	3148420117	Ramesh	9053247490	Reena Rani
3	Aarti	BA final year	3148420155	Krishan Kumar	7082796415	Aarti
4	Himanshi	BA 2nd year	120209002019	Rajender singh	9466421183	Himanshi
5	Tamanna	BA 2nd year	120209002031	Jaipal	8053986201	Tamanna
6	Ekadashi	BA 2nd year	120209002045	Osihar ray	8901967826	
7	Ritu devi	BA 2nd year	3148420051	Pawan kumar	7988115216	
8	Sneha devi	BA 2nd year	120209002062	Sh manish sharma	9896859729	Sneha Devi
9	Ravina	BA 2nd year	120209002063	Tara Chand	7206523920	Ravina
10	Sanskriti	BA 2nd year	120209002069	Laxman dass	18607997754	Sanskriti
11	Priyanka	BA 2nd year	120209002070	Sh. Baljinder	9817539737	
12	Aarti Devi	BA 2nd year	120209002073	Sh. Sohan Lal	8307364738	Aarti Devi
13	Rajni Devi	BA 2nd year	120209002078	Rajbir Singh	9050265803	
14	Asha devi	BA 2nd year	120209002079	Sh madan pal	701553066	Asha Devi
15	Mafi Devi	BA 2nd year	120209002082	Ramesh Chand	9729801761	Mafi Devi
16	Harmanpreet Kaur	BA 2nd year	120209002130	Sukhpreet Singh	7495066507	
17	Mehak	BA 2nd year	120209002152	Veerbhan	7082162239	Mehak
18	Shimmi Kumari	BA 2nd year	120209002158	Shalesh Mehto	9996718015	
19	Archana	BA 2nd year	120209002167	Sunil Kumar	9350942886	Archana
20	Kajal	BA 2nd year	120209002186	Jagtar singh	7495063515	Kajal
21	Durga Devi	BA 2nd year	120209002207	Chander Prakash	7206991493	
22	Jyoti devi	BA 2nd year	120209002238	Jaswinder singh	7404226149	Jyoti Devi
23	Sonia	BA 2nd year	120209002242	Pardeep Kumar	9306058561	Sonia
24	Diksha	BA 2nd year	120209002248	Rakesh kumar	9053513150	Diksha
25	Nancy Sharma	BA 2nd year	120209002253	Satish Sharma	9729027282	Nancy Sharma
26	Monika	BA 2nd year	120209002262	Veerbhan	8053377581	Monika
27	Anchal	BA 2nd year	120209002282	Mr. Rajender	9817612932	Anchal
28	Tanno	BA 2nd year	120209002289	Omparkash	9817187895	
29	Sapna	BA 2nd year	120209002290	Sh. Bal Kishan	8684098912	
30	Alka	BA 2nd year	120209002297	Krishan Kumar Chouhan	9518433908	
31	Muskan	BA 2nd year	120209002305	Biru ram	9813021178	Muskan Devi
32	Shilpa rani	BA 2nd year	120209002307	Sh. krishanlal	9350432210	
33	Komal Suneja	B.com 2nd year	120209003108	Mr. Rakesh Kumar	7056502448	
34	Rajni	B. Sc 2nd year NM	120209015005	Mr. Parveen Kumar	7206814674	Rajni

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35	Khushi	B Sc 2nd year NM	120209015017	Mr. Shamsheer Kumar	7876162070	Khushi
36	Simran	B Sc 2nd year CS	120209015019	Sh Mahinder singh	95881 35696	Simran
37	Tanu	B Sc 2nd year CS	120209015060	Mr Suresh Kumar	8168377088	Tanu
38	Muskan	B Sc 2nd year NM	120209015070	Mr Kuldeep Singh	8607549306	Muskan
39	Radhika saini	B. Sc 2nd year NM	120209015071	Ashuk Kumar saini	8950877547	Radhika Saini
✓ 40	Aarzo	B. Sc 2nd year CS	120209015076	Sh Anil	8307454159	Aarzo
41	Rupali	B. Sc 2nd year CS	120209015077	Vasudev Sharma	+919817170532	Rupali
42	Preeti	B. Sc 2nd year CS	120209015078	Sh jasbir	9729612163	PREETI
✓ 43	Kashish Gandhi	B com 2nd year	120209039027	Naresh Kumar	8307815148	Kashish Gandhi
• 44	Anjali	B A 1st.	1212092002025	Ramkumar	8813946608	Anjali
• 45	Geeta Devi	B.A. 1st	1212092002036	Vakeel Chand	9817539546	Geeta Devi
46	Anu	B.A. 1st.	1212092002039	Mr rajbir saini	9053162724	
✓ 47	Anjo	B.A. 1st.	1212092002060	Subhash	8053097210	Anjo
✓ 48	Tamanna	B.A. 1st.	1212092002062	Davinder Singh	7497059245	Tamanna
✓ 49	Sakshi	B.A. 1st.	1212092002068	Kuldeep Singh	9499136027	
✓ 50	Nidhi Devi	B.A. 1st.	1212092002079	Salinder	9991930572	Nidhi Devi
✓ 51	Sapna	B.A. 1st.	1212092002096	Sunil Kumar	8708870499	Sapna
• 52	Shubham	B.A. 1st.	1212092002098	Ramavtar	9350472957	Shubham
• 53	Neha	B.A. 1st.	1212092002100	Mr. Rai Singh	9485664182	Neha
• 54	Neha Bansal	B.A. 1st.	1212092002105	Vinod kumar	8950482949	Neha Bansal
55	Vishakha	B.A. 1st.	1212092002120	Rampal	8930418896	
56	Aashu Devi	B.A. 1st.	1212092002122	Jasmer Singh	9467616037	
✓ 57	Priyanka	B.A. 1st.	1212092002131	Mr. Bikram singh	8396946884	Priyanka
58	Semarjeet kaur	B.A. 1st.	1212092002132	Harbhajan singh	7404305168	Semarjeet Kaur
59	Harpreet kaur	B.A. 1st.	1212092002133	Davinder Singh	9817492993	
60	ANJALI	B.A. 1st.	1212092002136		8168463969	
✓ 61	Sonia	B.A. 1st.	1212092002141	Phool singh	9306759929	Sonia
• 62	Komal	B.A. 1st.	1212092002144	Raj kumar	8053723402	Komal
63	Madhu	B.A. 1st.	1212092002152	Mr. Surender kumar	9991456668	
✓ 64	Shivani	B.A. 1st.	1212092002156	Ved Parkash	9050373498	Shivani
65	Riya	B.A. 1st.	1212092002160	Raj Kumar	9350340564	
66	Jyoti kasana	B.A. 1st.	1212092002166	Ved Parkash	7404769844	
67	Archana	B.A. 1st.	1212092002172	Suresh Kumar	9991354278	Archana
68	Nupur	B.A. 1st.	1212092002173	Surender kumar	9817240656	
69	Bharti	BA. 1ST.	1212092002191	Sultana	7056003122	

70	Vandana	B.A 1st.	1212092002200	Naresh Kumar	9467016737	Vandana
71	Simranjeet Kaur	B.A 1st	1212092002201	Nirmal Singh	7988506625	Simranjeet Kaur
72	Ruma Devi	B.A 1st	1212092002202	Suresh	9728433093	
73	Muskan Sharma	B.A 1st.	1212092002208	Surender kumar	7404458242	Muskan Sharma
74	Mahak	B.A 1st	1212092002211	Sh Jagdish	9518181419	Mahak
75	Gayatri devi	B.A 1st.	1212092002215	Radhe shyam	9306894092	Gayatri
76	Parvinder Kaur	B.A 1st.	1212092002217	Karamber	8930815575	
77	Preeti Devi	B.A 1st.	1212092002225	Somnath	8607689909	Preeti Devi
78	Neha	B.A 1st.	1212092002227	Sube Singh	7404554305	Neha Rani
79	Nisha	B.A 1st.	1212092002228	Sh Sube singh	9992039823	Nisha
80	Vishakha	B.A 1st.	1212092002231	Ramesh kumer	7206172292	Vishakha
81	Sakshi grak	B.A 1st.	1212092002232	Baldev Singh	7056858592	Sakshi
82	Nikita	B.A 1st.	1212092002236	surender Kumar	8950790845	Nikita
83	Anjali	B.A 1st.	1212092002243	Mr Surender kumar	9817800433	Anjali
84	Muskan	B.A 1st.	1212092002251	Suresh	9050966625	
85	Savita	B.A 1st.	1212092002253	Jitender Kumar	9896802023	
86	Neha	Ba 1 vocational	1212093002010	Mr raj kumar	9518042075	Neha
87	Tvishi	Ba 1 vocational	1212093002012	Chander jain	9518817001	Tvishi
88	Tanu	Ba 1 vocational	1212093002018	Nandlal	7494977317	Tanu
89	Sneha	Ba 1 vocational	1212093002019	Sh Pawan Kumar	7015688118	Sneha
90	Diksha devi	Ba 1 vocational	1212093002020	Shiv Kumar	8708721217	Diksha
91	Muskan	Ba 1 vocational	1212093002021	Gurpage singh	9671535378	Muskan
92	Preeti	Ba 1 vocational	1212093002024	Rishipal		
93	Nikita chauhan	Ba 1 vocational	1212093002032	Naresh kumar	9350832646	
94	Riya	Ba 1 vocational	1212093002047	Mr.vinod kumar Girdhar	8059701349	Riya

Students enrolled = 94

course completed = 84

[Signature]

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Kurukshetra (Haryana)

Month: Jan to Feb
 Year: 2021-22
 Dr. Manojet Dr. Suman Rajan

Sr. No.	Roll No.	Name	Year																
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	214842 2015	Simran BA III	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	
2	117	Reena Rani "(E)	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	
3	155	Arti "(E)	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4	13-10400 2017	Himanshi BA II	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5	201	Tamanna "	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	
6	2045	Ekadashi "	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	
7	214842 2015	Ritu Devi	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	
8	2062	Usha Devi BA II	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	
9	2063	Ravina "	P	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	
10	2069	Sanskriti "	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	
11	2070	Prityanka "	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	
12	2073	Aditi Devi "	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13	2078	Rajni Devi "	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	
14	2079	Aasha Devi "	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
15	2082	Mafi Devi "	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	
16	2130	Harmanpreet Kaur	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
17	2152	Mohak "	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	P	
18	2158	Shrimmy Kumari "	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	
19	2167	Alkhana "	P	P	P	P	P	P	P	P	P	A	A	P	A	P	P	P	
20	2186	Kafal "	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	
21	2207	Durga Devi "	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	
22	2238	Jyoti Devi "	P	A	P	P	P	P	P	P	P	P	A	P	A	P	P	P	
23	2242	Sania "	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
24	2248	Diksha "	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	
25	2253	Nancy Sharma "	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	
26	2262	Monika "	P	P	P	P	P	P	P	P	P	A	A	P	B	P	P	P	
27	2282	Anchal "	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	
28	2289	Tanno "	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
29	2290	Sapna "	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	
30	2297	Alka "	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
31	2305	Muskan "	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
32	2307	Shilpa Rani "	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
33	2308	Komal Suroja Bisnoi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

Previous Lecture																	Last Attender
18	19	20	21	22	23	24	25	26	27	28	29	30	31				
A	A	A	A	A	P	P	A	A	A	P	P	A					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	A	P	P	P	P	P	P	P	P					
P	P	P	A	P	A	A	P	P	P	P	P	P					
P	A	P	P	P	P	P	P	P	P	P	P	P					
P	A	P	A	A	A	A	P	P	A	A	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	A	A	A	A	P	P	A	A	P				
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					
P	P	P	P	P	P	P	P	P	P	P	P	P					

Principal
 Dayanand Mahila Mahavidyala
 Kurukshetra (Haryana)

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