

NAAC Accredited Grade 'A'
Dayanand Mahila Mahavidyalaya, Kurukshetra
Notice

Date 07.04.2022

All the students are hereby informed that following Value Added Courses are going to be introduced for the Even Semester of Session 2021-22. Students are required to enrol themselves through Google Form. Classes will be started w.e.f. 18.04.2022 during 1:00 to 1:40 p.m. from Tuesday to Saturday. For any query students can contact the **Conveners** of the courses.

Name of Course	Conveners
Personality Development	Mrs. Anju Chawla
Yoga and Meditation	Dr. Anu Chauhan
Reasoning and Quantum Aptitude	Dr. Upasana Ahuja
Soft Skills	Dr. Deepa
Approaches of History	Dr. Rukmesh
Indian Politics	Mrs. Saroj
Punjabi Lok Geet	Dr. Sonia
संगीत द्वारा भावात्मक एकता	Dr. Shalu
Mental Health	Dr. Urmila Panghal
Best out of Waste	Dr. Shweta
HTML	Mrs. Bhavana
Competitive Science	Mrs. Asha
Library Management and Information Science	Dr. Pooja Sharma

hsh
Principal 7.4.22

Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

Attested to be true copy

Ln
Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

Urmila Panghal
Co-ordinator
Value Added and
Add-on-Courses

hsh
Convenier
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

Mental Health: Value Added Course
(30 contact hours)
Syllabus
Session- 2022-23

Unit – I

Meaning of Mental Health, Principles of Mental Health, Symptoms of Mental disorders, Causes of Mental disorders, Stigma against Mental disorders. Mental disorders – Myth and Reality, Superstitions and Mental disorders.

Unit – II

Anxiety induced Disorders – General Anxiety Disorder, Phobia, Obsessive Compulsive Neurosis, Hypochondriasis, Hysteria Epilepsy, Depression, Manic Depression Disorder.

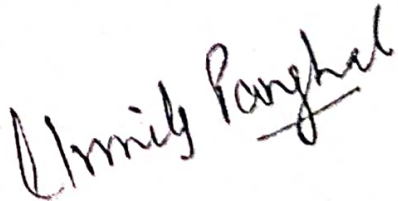
Unit – III

Mental Retardation, Causes of Children Mental Illness, Drug Addiction, Yoga, Meditation and Mental Health.

Reference Books :- Abnormal Psychology by Carson & Butcher
Abnormal Psychology by Sarson & Sarson
Psychology by Baron


Convenor
IQAC

Dayanand Mahila Mahavidyalaya
Kurukshetra



Course Outcome

Name of Programme: Mental Health (Value Added Course)

CO 1: This course will provide basic knowledge of meaning of mental health, principles of mental health, symptoms and causes of mental disorders.

CO 2: It will help students to know the myth and reality about mental disorders and also about superstitions prevailed in the society regarding mental retardation.

CO 3: Students will attain knowledge about different mental disorders like Depression, Mania, General Anxiety Disorder, Phobia, Hysteria, Obsessive Compulsive Neurosis, Hypochondrias, and Epilepsy etc.

CO 4: Students will get knowledge about the mental retardation and causes of children mental illness. It will also create awareness in students about drug addiction.

CO 5: Students will be benefitted by acquiring knowledge about the effect of yoga and meditation on mental health.

Urmil Panghal

Student's enrolment in 30 contact hrs value added course :- Mental Health
Session :- 2021-2022 (Even Semester)

Sr No.	Name	Father's Name	Class	Roll No	Email-Id	Mobile Number
1	Isha	Sh. Sunil	BA 1st	1212092002002	kadyanisha2003@gmail.com	7404502453
2	Mansi	Dharamvir	BA 1st	1212092002005	Shivankj384@gmail.com	9992148198
3	Nimmo Devi	Swaran Singh	BA 1st	1212092002023	23Nimmod@gmail.com	8307748656
4	Satvinder kaur	Rawail Singh	BA 1st	1212092002024	Satvinderkladhar@gmail.com	9996732975
5	Smriti	Sh Shamsheer singh	BA 1st	1212092002046	smritismriti6460@gmail.com	9466390105
6	Laddi	Mangal singh	BA 1st	1212092002056	Mangalsingh04200@gmail.com	7496872691
7	Divya	Mr Rajesh Kumar	BA 1st	1212092002063	GYJPD4873F@gmail.com	9518243878
8	Shabnam	Dilshad Ahmed	BA 1st	1212092002070	shabnam.k1603200@gmail.com	7056168186
9	Monika Aggarwal	Sh.Uttam Chand Aggarwal	BA 1st	1212092002088	monikaaggarwal296@gmail.com	7206622159
10	Preet Kaur	Karnail singh	BA 1st	1212092002157	nr0767648@gmail.com	9050606597
11	Garima	Raj kumar	BA 1st	1212092002169	garimachaudhary6409@gmail.com	9416031268
12	Jyoti	Jasbir	BA 1st	1212092002183	amankashyap223344@gmail.com	9896063975
13	Shama	Mahboob	BA 1st	1212092002184	sameerkhan00426@gmail.com	8168274996
14	Rajeta Rani	Baldev singh	BA 1st	1212092002198	Krishkanyan865@gmail.com	9050476711
15	Sejal Rani	Devender	BA 1st	1212092002199	SejalKanyan2003@gmail.com	8950994767
16	Simranjeet Kaur	Nirmal Singh	BA 1st	1212092002201	simransimran5932@gmail.com	7988506625
17	Priya Chopra	Shammi Chopra	BA 1st	1212092002229	Priyachopra2229gen@gmail.com	9996171438
18	Neha	Raj kumar	BA 1st voc	1212092002010	nehachugh234@gmail.com	9518042075
19	Riya	Mr. Vinod Kumar Girdhar	BA 1st voc	1212093002047	riyagirdhar08@gmail.com	8059701349
20	Nupur	Mr. Pardeep Singh	BA 1st voc	1212093002048	nishantjaat271@gmail.com	9350342925
21	Pihegma Sandhu	Pawan kumar	BA 2nd	120209002004	pihegmasandhu@gmail.com	9728312408
22	Kalyani	Parmod Kumar	BA 2nd	120209002007	kalyanibills02@gmail.com	7206491858
23	Geetanjali	Mr.Dinesh Kumar	BA 2nd	120209002020	geetanjalishegal04@gmail.com	8950342245
24	Srishti	Mr Prem Narayan Shukla	BA 2nd	120209002025	srishtishukla2603@gmail.com	7015875098
25	Charu	Prem grover	BA 2nd	120209002027	grovercharu177@gmail.com	8950939490
26	Bharti Devi	Jai Bhagwan	BA 2nd	120209002028	bhartikkr7@gmail.com	7206802697
27	Kajal	Mr. Subhy Singh	BA 2nd	120209002059	kajalgollen35@gmail.com	9306440210
28	Prachi	Mr. Avinash Sharma	BA 2nd	120209002065	prachisharma122002@gmail.com	8307300162
29	Geeta	Mahender Kumar	BA 2nd voc	120209002068	shakyageeta2003@gmail.com	8222838946
30	Vibha Gautam	Chandra shekhar prasad	BA 2nd	120209002076	Vibhagautam102@gmail.com	9350130723
31	Mansi Sharma	Sohan Lal Sharma	BA 2nd voc	120209002086	ms4078947@gmail.com	9992316309
32	Himanshi	Mr Naresh kumar pruthi	BA 2nd	120209002093	himanshipruthi02@gmail.com	7206001590
33	Manisha	sh. Mohan lal	BA 2nd	120209002099	tigrmanisha@gmail.com	8059977243
34	Chahat	Anil Sharma	BA 2nd	120209002119	sharmachahat722003@gmail.com	8307342646
35	Kavita rani	Mr.Bheem singh	BA 2nd	120209002125	20kavitarani2002@gmail.com	7082638675

Attended to be true

36	Arju	Vijay Saini	BA 2nd	120209002126	sainiarju513@gmail.com	9306549703
37	Dhani	Mr vikram	BA 2nd	120209002131	dhanighawri4@gmail.com	7082552712
38	Aanchal	Mr Bhushan	BA 2nd	120209002150	sethiaaanchal871@gmail.com	8685870498
39	Aanchal saini	Sanjeev kumar	BA 2nd	120209002155	anchalsaini799@gmail.com	9812212268
40	Vishakha	Rakesh Kumar	BA 2nd	120209002164	rajputvishakha75@gmail.com	8295227310
41	Ankita	Mr Suresh Kumar	BA 2nd	120209002183	ankitabedi43@gmail.com	7206585431
42	Harjeet kaur	Charan Singh	BA 2nd	120209002197	chandiharjeet99@gmail.com	9671325340
43	Nancy Sharma	Dharmvir sharma	BA 2nd	120209002210	nancyonusharma@gmail.com	9817019722
44	Mahak	Rajender sharma	BA 2nd	120209002223	mahaksharma486@gmail.com	9729258711
45	chini Singla	Raman singla	BA 2nd	121209002229	singlachini06@gmail.com	9350794714
46	Tisha	Mr Satish Kumar	BA 2nd	120209002231	tishapopli07@gmail.com	9053619087
47	Pooja	Satbir	BA 2nd	120209002245	pr1740838@gmail.com	7206027974
48	Muskan	Mahinder kumar	BA 2nd voc	120209002259	muskaansaini98124@gmail.com	9995453957
49	Nandita	Surender Singh	BA 2nd	120209002267	nanditagrover2002@gmail.com	8950815322
50	Sheetal	Sh. karam Singh	BA 2nd	120209002277	sheetal96710@gmail.com	9671019954
51	Muskan devi	Biru Ram	BA 2nd	120209002305	muskanmuskan199h@gmail.com	9813021173
52	Anuja	Sh hira lal	BA 2nd	120209002308	Anuja01664@gmail.com	7697010004
53	Samruti Saini	Sh Subhash chand	BA 3rd	3148420092	samritisaini5816@gmail.com	7206555816
54	Kajal	rajpal	BA 3rd	3148420111	kajalphullay77@gmail.com	7082529988
55	Ganma	Mr.Mahesh kumar	BA 3rd	3148420131	garimachhikara90@gmail.com	9875936361
56	Heena	Mr. Anil Kumar	BA 3rd	3148420141	heenaakashyap290@gmail.com	8168124700
57	Deepika	Sanjeev kumar	BA 3rd	3148420183	deepikasaini653@gmail.com	883847997
58	Manisha Rani	Mahavir singh	BA 3rd	3148420190	manishatandon127@gmail.com	9813673505
59	Sunaina	Sanjay kumar	BA 3rd	3148420237	sunainabarna@gmail.com	8295551515
60	Disha Sharma	Naresh Kumar	BCOM 2nd	120209003129	Dishagautam2604@gmail.com	9996274202
61	Shruti sharma	Mr. Dharmendar sharma	BCOM 2nd	120209003133	Shruti3133sharma@gmail.com	7027737020
62	Mansi Goyal	Sh Ajay Goyal	BCOM 3rd SFS	3270420026	goyalmanshi2808@gmail.com	7082513940
63	Ananya Chhabra	Sh Vikas Chhabra	BCOM 3rd SFS	3270420044	ananyachhabra232@gmail.com	7398012226
64	Nikita Turka	Dr. Suresh Kumar	BCOM 3rd SFS	3270420055	nikitaturka026@gmail.com	9728502437
65	Muskan Taya	Sh. Joginder Singh	BCOM 3rd	3148620004	muskantayakkr@gmail.com	9728690971

No. of students enrolled = 65
course completed = 65

Amrit Panghal

Principal

Dayanand Mahila Mahavidyalaya
Kurukshetra (Maryana)

Dayanand Mahila Mahavidyalaya
Kurukshetra

Attested to be true copy

Amrit
Convener

IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

Principal

Dayanand Mahila Mahavidyalaya
Kurukshetra (Maryana)