

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. Reeja Dr. Arti Aggarwal
Indian Constitution	Mrs. Saroj Bala
Indian National Movement	Dr. Rukmesh
Science Around Us	Mrs. Asha Malik Ms. Suman Rani

4/12/21

Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

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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

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Stress Management: Value Added Course
(30 contact hours)
Syllabus
Session- 2020-21

Stress: Nature, Stressors: Meaning, Physiological responses to stress, Cognitive Appraisal of stressors, Causes of Stress, Effects of Stress, Diagnostic criteria of Acute Stress Disorder, Stress and Coping styles.


Stress Management Techniques:

- Meditation
- Yoga and Physical Exercise
- Relaxation Method
- Mindful Medication
- Biofeedback techniques
- Healthy Life styles
- Music and Dance Therapy
- Positive Thinking and Talk
- Cognitive Therapy: Stress Inoculation Therapy

Reference Books: - Psychology by Baron.
Health Psychology by Taylor
Abnormal Psychology by Carson & Butcher
Psychology by Ceidar Soloman

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Urmil Panghal

COURSE OUTCOMES

Name of Programme: Stress Management (Value Added Course)

- CO 1: This course will provide basic knowledge of the meaning of stress, stressors, diagnostic criteria of stress, causes and effects of stress and different coping styles of managing stress.
- CO 2: It will help students to learn different techniques like – relaxation techniques, meditation, yoga, music and dance therapy, laughter therapy, cognitive therapy, etc.
- CO 3: It will help students to develop positive thinking in their behavior.
- CO 4: The students will get information regarding healthy diet plan and healthy life styles.
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DAYANAND MAHILA MAHAVIDYALAYA

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M
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Kurukshetra

Umish Ranhal

Dayanand Mahila Mahavidyalaya, Kurukshetra

list of enrolment of Value Added Course in Stress Management Session: 2021-22

Sr no.	Name of Student	Father's Name	Class	Roll No.	Phone No.	Email - ID
1	Knishka	Sh. Roshan Sharma	B.A.3	3148420014	7015637485	knishkapandit@gmail.com
2	Aarzo Kaha	Sh. Jatinder sharma	B.A.3	3148420029	9817773849	aarzoakaha9@gmail.com
3	Suryanshi	Sh. Balwan Singh	B.A.3	3148420078	9416209297	suryanshigolen@gmail.com
4	Sunama	Sh. Vikas	B.A.3	3148420082	9729898210	sunainashrama1234@gmail.com
5	Prabhsimran Kaur	Sh. Kanwar jit singh	B.A.3	3148420132	7419500164	prabhsimran100@gmail.com
6	Harkirat	Sh. Harvinder singh	B.A.3	3148420152	8556006002	harkiratkaur610@gmail.com
7	Tanya Sharma	Sh. Rajesh Kumar	B.A.3	3148420166	9306623740	ts9436175@gmail.com
8	Shiwani	Sh. Ashok Kumar	B.A.3	3148420171	9996445370	shiwanikaushik12343@gmail.com
9	Ravina Devi	Sh. Satish Kumar	B.A.3	3148420175	8818005890	ravina2002@gmail.com
10	Salinder Kaur	Sh. Harmesh Singh	B.A.3	3148420178	9306079655	ksalinder221@gmail.com
11	Mandreet Kaur	Sh. Baldev Singh	B.A.3	3148420185	9350316092	rathiishu599@gmail.com
12	Nancy sharma	Sh. Charanjeet Singh	B.A.3	3148420189	9812303586	sharmanancy208@gmail.com
13	Manisha Rani	Sh. Mahavir Singh	B.A.3	3148420190	9813673505	manishatandon127@gmail.com
14	Kavita	Sh. Baldev Singh	B.A.3	3148420191	8307590817	kavitanaalwa65@gmail.com
15	Prachi Verma		B.A.3	3148420197	7082678103	prachiver001@gmail.com
16	Sunita	Sh Vijay Kumar	B.A.3	3148420202	9050231229	sunitachauhan17890@gmail.com
17	Pranjal Rana	Sh. Raj Tanwar	B.A.3	3148420205	9996008466	pranjalrana86@gmail.com
18	Neha Devi	Sh. Malkeet Singh	B.A.3	3148420208	9813217250	paulneh0005@gmail.com
19	Pallavi	Sh. Sanjay Kumar	B.A.3	3148420209	7056449789	pallavichauhan189@gmail.com
20	Pamari Devi	Sh. Raj kumar	B.A.3	3148420211	9306186901	buraraman002@gmail.com

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21	Anu Sharma	Sh. Laxman Singh	B.A.3	3148420216	8708354244	anusharma54244@gmail.com
22	Vanshika	Sh. Pawan kumar	B.A.3	3230920016	9996815400	
23	palak singla	Sh. Satish Kumar singla	B.A.3	3230920020	7404629495	singlapalak2407@gmail.com
24	Neeraj	Sh. Rishi pal	B.A.2	120209002034	9050268683	neerajrananeerajrana718@gmail.com
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27	Dhani	Sh. Vikram singh	B.A.2	120209002131	7082552712	manavghawri4@gmail.com
28	Khushi saini	Sh. Sanjeev Saini	B.A.2	120209002181	8950742166	sainikhushi043@gmail.com
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30	Nandini singh	Sh. Kanwar pal rana	B.A.2	120209002199	7206959019	rananandini385@gmail.com
31	Durga devi	Sh. Chander parkash	B.A.2	120209002207	7206991493	cp2888330@gmail.com
32	Twinkal	Sh. Balwan	B.A.2	120209002211	9996069712	shivkumarmhera7606@gmail.com
33	Ekta	Sh. Purushotam Dass	B.A.2	120209002260	7206411700	ektavoc18@gmail.com
34	Kritika	Sh. Som parkash	B.A.2	120209002278	7206254169	
35	Nehlata	Sh. chander Bhan	B.A.2	120209002303	8818084085	nehalata475@gmail.com
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37	Satvinder kaur	Sh. Rawail singh	B.A.1	1202092002024	9996732975	satvinderkladher@gmail.com
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39	Mansi	Sh. Dharam bir	B.A.1	1212092002005	9992148198	shivankj384@gmail.com
40	Sarvjeet kaur	Sh. Dilbag singh	B.A.1	1212092002011	8950230355	sarvjeetkaur6903@gmail.com
41	Manisha sharma	Sh. Raman sharma	B.A.1	1212092002013	7027146120	
42	Swati Thakur	Sh. Jagannath	B.A.1	1212092002030	8607141393	amitnumberdarvasudev07@gmail.com
43	Laddi	Sh. Mangal singh	B.A.1	1212092002056	7496872691	mangalsingh04200@gmail.com

Urmily Panghal

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44	Rashi	Sh. Sohan lal	B.A.1	1212092002066	9053467358	rashigarg1814@gmail.com
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53	Shama	Sh. Mahboob	B.A.1	1212092002184	8168274996	sameerkhan00426@gmail.com
54	Anupama	Sh. Bittu Singh	B.A.1	1212092002196	9350563506	priyankarajput2429@gmail.com
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56	Tanu	Sh. Nand lal	B.A.1	1212093002008	7494977317	tanukhatri561@gmail.com
57	Neha	Sh. Raj kumar	B.A.1	1212093002010	9518042075	nehachugh234@gmail.com
58	Pooja rani	Sh. Balbir singh	B.A.1	1212093002045	9896126332	poojakkr2002@gmail.com
59	Riya	Sh. Vinod Kumar girdhar	B.A.1	1212093002047	8059701349	riyagirdhar08@gmail.com
60	Amrit kaur	Sh. Gurmeet singh	B.Com(G)1st	1212092003041	9817655739	
61	Aarti	Sh. Bijaypal	B.Com 1st	1212092003085	7206344010	aarti.mpps@gmail.com
62	Sunidhi	Dr. Shyamlal	BA 3rd	3230920034	9698368000	sunidhi2001@gmail.com
63	Gunjan	Mr. Sunil Kumar	BA 3rd	3230920025	8901883929	hnjngera@gmail.com
64	Garima	Mr. Mahesh kumar	BA 3rd	3148420131	9875936361	garimachhikara90@gmail.com
65	Heena	Mr. Anil kumar	BA 3rd	3148420141	8168124700	heenakashyap290@gmail.com
66	Tammana	Sh. Jaipal	BA 2nd	120209002031	8053986201	tamannatamak24@gmail.com
67	Heena	Sh. Rajender Kumar	BA 1st	1212093002040	8708671123	muksankhanna91@gmail.com
68	Vanshika	Sh. Devender	BA 1st	1212092002233	9416042902	sethivanshu13@gmail.com

No. of students enrolled = 68

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Course completed = 68

Contd.
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Kurukshetra

Amity Ranzal

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Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

DAYANAND MAHILA MAHA

VIDYALAYA, KURUKSHETRA

Class _____

Subject STRESS MANAGEMENT
Year 2022 (odd Sem.)

Month January, February

Lectures Delivered in the Month _____

Sl. No.	Roll No.	Name	Jan																											
			3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21									
1	3148420084	Knishka BAC	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			
2	3148420089	Aarzo Kalia	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		
3	3148420078	Suryanshi	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		
4	3148420082	Sumina	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		
5	3148420131	Aradhya Sankar	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		
6	3148420152	Mehak	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		
7	3148420166	Tanya Sharma	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		
8	3148420171	Shivani	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		
9	3148420125	Ravika Devi	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		
10	3148420128	Salinda Kaur	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		
11	3148420155	Mamprit Kaur	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		
12	3148420159	Nancy Sharma	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		
13	3148420189	Manisha Rani	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		
14	3148420191	Kavita	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		
15	3148420197	Prachi Verma	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		
16	3148420202	Surita	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		
17	3148420205	Pranjal Rana	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		
18	3148420208	Nika Devi	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		
19	3148420209	Pallavi	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		
20	3148420211	Raman Devi	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		
21	3148420215	Amri Sharma	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		
22	3230090016	Vanshika BATH	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		
23	3230720020	Palak Singh BATH	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		
24	120209002034	Necra BAC	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		
25	120209002093	Himanshi BAC	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		
26	120209002103	Shivani BAC	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		
27	120209002131	Dhani	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		
28	120209002181	Khushi Gaiji	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		
29	120209002193	Arushi	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		
30	120209002199	Nandini Singh (V)	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		
31	120209002207	Zoya Devi	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		
32	120209002211	Twinkal	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		
33	120209002260	Eka (V)	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		

Sl. No.	Name	Previous Lecture																												Total Lectures							
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
		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	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	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					

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Urmil Panghal

Principal
Dayanand Mahila Mahavidyalaya
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Coordinator
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

DAYANAND MAHILA MAHA

VIDYALAYA, KURUKSHETRA

Class _____ Subject STRESS MANAGEMENT
 Month January, February Year 2022. (odd Sem)

Lectures Delivered in the Month _____

Sl No	Roll No	Name	Jan							Feb									
			3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
39	1202090020174	Kaushika	BAII	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P
39	1202090020183	Nehlahi	.	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P
20	1202090020185	Anuja	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1202090020189	Satvinder Kaur	BAII	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
39	1202090020191	Harpreet	.	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
39	1202090020192	Manvi	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1202090020197	Sanyukt Kaur	.	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P
39	1202090020193	Manisha Sharma	.	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
39	1202090020200	Swati Thakur	.	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
39	1202090020206	Iddi	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1202090020206	Rashi	.	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
39	1202090020207	Preeti Rani	.	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P
39	1202090020207	Nisha	.	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
39	1202090020210	Shejal	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1202090020210	Sakshi	.	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P
39	1202090020215	Vinita	.	P	P	P	P	P	P	P	A	A	P	P	P	P	A	A	P
39	1202090020217	Seeta Rani	.	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P
39	1202090020217	Shital	.	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
39	1202090020218	Jyoti	.	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P
39	1202090020218	Shama	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1202090020219	Anupama	.	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
39	1202090020229	Piya Chopra	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
39	1212090020208	Tanu	BATM	P	A	P	P	P	P	A	A	A	A	P	P	P	P	P	A
39	1212090020210	Neha	BAII(W)	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P
39	1212090020205	Pooja Rani	BAII(W)	P	.	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1212090020204	Richa	BAII(W)	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	1212090020204	Amrit Kaur	BATM	A	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P
39	1212090020208	Anshu	BATM	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P
39	2230920037	Sunidhi	BAII(W)	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P
39	3230920025	Jyran	BAII(W)	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P
39	3148420131	Yashima	BAII	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
39	3148420141	Heena	BAII	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
39	1212090020202	Tamanna	BAII	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
39	1212090020202	Heena	BAII(W)	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
39	1212090020233	Vanishika	BAII	A	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P

Previous Lecture	Lectures Delivered in the Month											Total Lectures				
	1	2	3	4	5	6	7	8	9	10	11	Attended	Previous Lect	Total	Shortage	House Rem Test
	P	P	A	P	P	A	P	P	P	P	P					
	P	P	P	P	P	P	A	P	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	P	P	P	P	P	P	P					
	P	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	P	P	P	P	P	P					
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	P	P	P	P	P	P	P	P	P	P	P					
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