

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

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Principal 7.4.22

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

Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

Ln
Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

hhl
Convenor
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

Syllabus of Value Added Course: Yoga & Meditation
30 Contact Hrs.
Session 2021-2022

Surya Namaskara

Asanas

Inverted

Servang asana
Padma Sarvang asana
Halasana

Backward

Makrasana
Bhujangasana
Sharabhasana
Dhanurasana

Forward

Paschimottanasana
Ardhapadmapaschimottan
Balasana

Spinal Twist

Markatasana
Meruvakrasana

Balancing

Nataraj asana
Garudasana
Vriksasana
Tadasana

Meditative

Siddhasana
Padmasana
Vajrasana
Sukhasana
Swatikasana

Relaxation

Shavasana
Vajrasana
Makrasana
Balasana

Pranayama

Natural Breathing
Fast Breathing
Anulom-Vilom
Kapalabhati

R. Chauhan

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W.
Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

M. S.
Convener
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

Course Outcomes of Yoga and Meditation (Value added course)

Session 2021-2022

Yoga and Meditation course enables the students:

CO 1: To learn the essential elements of a yogic life style.

CO 2: To understand the importance of yoga in maintaining good health.

CO 3: To understand the concept of ill health and their remedies through yoga and meditation.

CO 4: To learn methods of performing asanas and pranayama

CO 5: To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ and Anger Management.

CO 6: To organize Yoga camps/ Workshops.

(A) Chauhan

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W
F
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

M
Convener
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

Dayanand Mahila Mahavidyalaya, Kurukshetra

List of Enrolled Students in
Value added course **Yoga and Meditation**

Session :- 2021-22

19th April to 12th June 2022

Sr no	Name	Father's Name	Class	Roll no	Email id	Mobile no
1	Geeta devi	sh vakil chand	BA 1st year	1212092002036	geetabajwa4@gmail.com	9817539546
2	Shubham	Ramavtar	B.A 1st year	1212092002098	Shubhamsingla35585@gmail.com	9350472957
3	Neha	Rai singh	BA 1st year	1212092002100	neharani14032003@gmail.com	9485664182
4	Mahak	Sh. Jagdish	B. A 1st year	1212092002211	Mahaksainiever12@gmail.com	9518181419
5	Swati	Mohan lal	Bsc non medical	1212093015009	Swati15009@gmail.com	9306495329
6	Mahak	Sh.Joginder Singh	Bsc N.M 1st year	1212093015011	mahak15011@gmail.com	9996944914
7	Simrandeep	Guljar Singh	Bsc NM 1st year	1212093015037	simransaini518@gmail.com	7419002332
8	Preeti Rani	Sh . Raju	B.A 1st general	1212092002086	preeti2002thakur@gmail.com	7494878024
9	Reema devi	Sh. Dalbir singh	BA 1year(sem-2)	1212092002020	papukkr@gmail.com	7988473870
10	Komai Maan	Sh. Sanjeev kumar	BA 1st year	1212092002037	sanjivkumar9812219524@gmail.com	9050164431
11	Pinki	Rajesh kumar	BA 1st year	1212092002083	pinkiver39@gmail.com	7404485265
12	Neha Bansal	Vinod kumar	BA 1st year	1212092002105	nehabansal1891@gmail.com	8950482949
13	Sonu	Amir Chand Bajaj	B.A 1st year	1212092002106	bravi4131@gmail.com	8901758216
14	Minakshi	Naresh kumar	BA (general)	1212092002112	Minakshidhiillon2112@gmail.com	85708 48300
15	Arzoo	Rajesh kumar	BA 1st year	1212092002113	ariurelaha@gmail.com	9518004268
16	Vaishnavi Puri	Ajay Puri	BA 1st year	1212092002115	purvivaishnavi1033@gmail.com	8059612121
17	Vishakha	Rampal	BA 1st year	1212092002120	2120vishakha@gmail.com	8930418896
18	Seeta rani	Narayan	BA 1st year	1212092002176	sp117506@gmail.com	9991461193
19	Manisha	Ravi dutt	B.A 1st year	1212092002186	birjusharma057@gmail.com	9350556816
20	Parul	Gaya Parsad	BA 1st year	1212092002193	gayaparsad0189@gmail.com	9034109693
21	Neha	Shri Trilok Nath	BA 1st year	1212092002235	nehanishadneha20@gmail.com	8307822710
22	Anchal Saini	Rakesh kumar	BA 1st year	1212093002007	anchalsaini6171@gmail.com	9653557278
23	Simran Kaur	Jain singh	BA 2nd	120209002036	kaursimran69852@gmail.com	9350425906
24	Hema	Banwari lal	BA 2nd	120209002057	hemarajput4891@gmail.com	8295354437
25	Jyoti	Hardev	BA 2nd	120209002105	iyotijangi24@gmail.com	9813962601
26	Alpana Rani	Amaram	BA 2nd	120209002105	alpanarani4102002@gmail.com	8398866053
27	Swati	Sh.Rishi Ram	B.A 2nd	120209002128	badgujarswati@gmail.com	8307925423
28	Rupal	Sh. Balbir singh	BA 2nd	120209002154	rupalkkr@gmail.com	9817084068
29	Nidhi saini	Late Sh. Rajesh kumar	BA 2nd	120209002193	saininidhi802@gmail.com	9873693299
30	Durga devi	Sh. Chander Parkash	BA 2nd	120209002207	cp288330@gmail.com	7206991493
31	Nancy	Sh.Sunil kumar	BA 2nd	120209002213	sindhunancy900@gmail.com	8307919133

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(Signature)
N.T.
JQC
Dayanand Mahila Mahavidyalaya
Kurukshetra

(Signature)
Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Naryana)

Dayanand Mahila Mahavidyalaya, Kurukshetra

List of Enrolled Students in Value added course Yoga and Meditation

Session :- 2021-22

19th April to 12th June 2022

Sr no	Name	Father's Name	Class	Roll no	Email id	Mobile no
32	Amandeep Kaur	Ramesh Kumar	B.A. 2nd year	120209002237	amandeepkaur.salpani@gmail.com	9813851946
33	Nancy Sharma	Satish sharma	BA 2nd	120209002253	ns611745@gmail.com	9729027282
34	Nidhi saini	Jasbir singh	BA 2nd year	120209002270	nidhisainiposwal211@gmail.com	9499193717
35	Harnur Kaur	Kulwinder singh	BA 2nd	120209002273	harnurkaur2003@gmail.com	8685867717
36	Amandeep Kaur	Harjinder singh	Bcom 2nd Sfs	120209003007	aman3107deep.kaur@gmail.com	9416516030
37	Pooja	Sh. Jamna Parsad	BA 3rd	3148420110	poojasaini9813454@gmail.com	8053506353
38	Jahnavi	Surinder Kumar chawla	Bcom final year vocational	3148620007	jahnavichawla2911@gmail.com	9729579875
39	Mehak	Sh.Prem Singh	B.com 5th sem(gen)	3148520066	sudeshbilam@gmail.com	9416552152
40	Gurjeet Kaur	Harpal singh	Mcom F	221209168005	kaurgurjeet02031999@gmail.com	8950396982
41	Smriti	Bharat Bhushan	Mcom P	221209168006	smritiahuja006@gmail.com	8607947329
42	Meenu	Naresh kumar	Mcom P	221209168008	Meenus6157@gmail.com	9306384220
43	Palak singla	Rakesh kumar	Mcom P	221209168009	palak17890@gmail.com	8930232072
44	Kanupriya	Balwinder	Mcom P	221209168011	kanupriyarana400@gmail.com	9499404728
45	Sonia	Subhash	Mcom P	221209168012	soniajangra2110@gmail.com	7082943146
46	Muskan	Jaswinder	Mcom P	221209168013	muskanbainsa424@gmail.com	9306218823
47	Monika	Raj kumar	Mcom P	221209168014	monikapaul5605@gmail.com	8295119550
48	Lovepreet kaur	Balwinder singh	Mcom P	221209168016	preetsam8930@gmail.com	9306988608
49	Pooja Rani	Papinder Sharma	Mcom P	221209168019	spooja1239@gmail.com	8930534281
50	Kajal Devi	Rajesh kumar	Mcom P	221209168021	marathakajal1761@gmail.com	9467271366
51	Seema	Rampal	Mcom P	221209168027	071995seema@gmail.com	9350642774
52	Rishu Gupta	Trilok kumar	Mcom P	221209168029	guptarishu300@gmail.com	9306538159
53	Ashima Arora	Vinod kumar	Mcom P	221209168032	ashimaarora1208@gmail.com	9306243211
54	Ekta	Prem chand	Mcom P	221209168045	gurjarekta0207@gmail.com	9305833687
55	Priya	Sanjay kumar	Mcom P	221209168048	pt8679587@gmail.com	8307728304
56	Jyoti Bani	Mahesh kumar	Mcom P	221209168052	iyotirani14793@gmail.com	7988055387
57	Priyanka Devi	Randhir	Mcom P	221209168053	priyarana8930@gmail.com	8930193784
58	Mittu	Prem kumar	Mcom F	220209168012	mittugrover978@gmail.com	8816823367
59	Harpreet Kaur	Jasbir singh	Mcom F	220209168031	harpreetkaurkr201@gmail.com	7056280286
60	Lavisha sharma	Vijay kumar	Mcom F	220209168062	lavishasharma632@gmail.com	8199921511
61	Pooja	Mehar Singh	BA 1st	1212092002192	ps9096718@gmail.com	9817545486

No. of students enrolled = 61
course completed = 60

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Principal
Dayanand Mahila Mahavidyalaya
Kurukshetra (Haryana)

Handwritten Signature
Convener
IQAC
Dayanand Mahila Mahavidyalaya
Kurukshetra

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