

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

31/12/21

Principal  
Dayanand Mahila Mahavidyalaya  
Kurukshetra (Haryana)

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Convener  
IQAC  
Dayanand Mahila Mahavidyalaya  
Kurukshetra

Principal  
Dayanand Mahila Mahavidyalaya  
Kurukshetra (Haryana)

श्रीमती मीनाक्षी ठाकुर  
श्रीमती उर्मिला सिंह  
डॉ० उर्मिला पंगवाल  
श्रीमती सपना अरोड़ा  
डॉ० सुमन राजन  
डॉ० अनु चौहान  
श्रीमती सरोज बाल  
डॉ० रुक्मेश

# Syllabus of yoga course (30 Hours)

Value Added

Session 2018-19 onwards

→ Surya Namaskara

Asanas

Inverted

- Sarvangasana
- Padma Sarvangasana
- Halasana

Backward

- Makarasana
- Bhujangasana
- Shalabhasana
- Dhanurasana

Forward

- Paschimottasana
- Ardha Padma
- Balasana

Spinal Twist

- Marikatasana
- Meru Vajrasana

Balancing

- Natarajasana
- Garudasana
- Vrikshasana
- Tadasana / Trikonasana

Relaxation

- Shavasana
- Vajrasana
- Makarasana
- Balasana

Pranayama

- Natural Breathing
- Fast Breathing
- Anulom - Vilom.

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Kurukshetra

A. Chauhan

**Course Outcomes of Yoga (Value added course) Session 2018-19 Onwards**

**Yoga 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.
- 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, Anger Management.
- CO 6: To organize Yoga camps/ Workshops.

*Pradhan*

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*W*  
**Principal  
Dayanand Mahila Mahavidyala  
Kurukshetra (Haryana)**


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**Convener  
IQAC  
Dayanand Mahila Mahavidyalaya  
Kurukshetra**

2021-22  
(odd)

**DAYANAND MAHILA MAHAVIDYALYA, KURUKSHETRA**  
**LIST OF ENROLLED STUDENTS AND WHO COMPLETED THE VALUE ADDED**  
**COURSE YOGA**  
**Session :- 2021-22**  
**(10th Jan 2022 to 8th Feb, 2022)**

Sr. No.	Roll No.	Class	Student Name	Mother's Name	Father's Name	Mobile No.
1	3148420030	BA III	SWEETY SAINI	Gurmeet Kaur	Amar Singh	9485754958
2	3148420032	BA III	DIKSHA DEVI	Usha	DHARAMVIR	8930968541
3	3148420075	BA III	KAJAL	Mamta Rani	RAJPAL	9518605549
4	3148420100	BA III	PRIYANKA SAINI	Pinki Rani	KARNAIL SINGH	9350747001
5	3148420127	BA III	MUSKAN	Sunita Devi	SOHAN LAL	8307833981
6	3148420138	BA III	POOJA SHARMA	Meena	SURESH KUMAR	9518069008
7	3148420142	BA III	BABY	Sheela Devi	DARSHAN SINGH	9485870610
8	3148420157	BA III	KOMAL WALIA	Nutan	SOHAN LAL	8278436616
9	3148420163	BA-III	Ankita	Sarita Saini	Vijay Kumar	9350318078
10	3148420251	BA III	NEERAJ	Meena Rani	SURESH KUMAR	8818022215
11	3230920011	BA III	GEETANJALI	Rita Puri	AJAY KUMAR	9996098124
12	3230920045	BA III	NIKITA	Sunil Rani	BHARATPAL	8569947382
13	3148720056	B.SC III NM	HARSH	Kiran	JOGINDER SINGH	837396322
14	120209002011	BA-II	RAJNI	SAROJ	Ramkaran	9817581867
15	120209002036	BA-II	SIMRAN KAUR	ALKA DEVI	JAIN SINGH	9350425906
16	120209002041	BA-II	MEGHA	NEELAM DEVI	ANAND KUMAR	8569977726
17	120209002050	BA-II	HARPREET KAUR	JASVEER KAUR	AVTAR SINGH	8684947646
18	120209002057	BA-II	HEMA	RAMVATI	BANWERI LAL	8295354437
19	120209002065	BA-II	PRACHI	SULAKSHNA SHARMA	AVINASH SHARMA	8307300162
20	120209002099	BA-II	MANISHA	INDRO DEVI	MOHAN LAL	8059977243
21	120209002100	BA-II	JYOTI	BALA DEVI	HARDEV	9813962601
22	120209002105	BA-II	ALPANA RANI	SAROJ BALA	AMAR NATH	8398866053
23	120209002126	BA-II	ARJU	SARITA	VIJAY SAINI	9306549703
24	120209002128	BA-II	SWATI	SAROJ BALA	RISHI RAM	8307925423
25	120209002131	BA-II	DHANI	POONAM	VIKRAM SINGH	7082552712
26	120209002136	BA-II	KIRANDEEP KAUR	JASWINDER KAUR	DILAWAR SINGH	9327130001
27	120209002139	BA-II	HARMANPREET KAUR	GURJEET KAUR	GURDEV SINGH	9996396364
28	120209002146	BA-II	PRIYA	SUMAN	AZAD SINGH	7357800980
29	120209002163	BA-II	SIMRANJEET KAUR	SURINDER KAUR	PARAMJEET SINGH	9053264836
30	120209002165	BA-II	PREETI YADAV	SHEELA	JASWANT SINGH	9306820582
31	120209002178	BA-II	JYOTI	SHIV KUMARI	SHAYAM LAL	9350800638
32	120209002180	BA-II	PRACHI	MADHU	GULAB SINGH	7082728736
33	120209002209	BA-II	PRACHI	VANITA RANI	VIRENDER BHUSHAN	8295214206

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**DAYANAND MAHILA MAHAVIDYALYA, KURUKSHETRA**  
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**COURSE YOGA**  
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Sr. No.	Roll No.	Class	Student Name	Mother's Name	Father's Name	Mobile No.
34	120209002210	BA-II	NANCY SHARMA	Kusum	DHARMVIR	9817019722
35	120209002213	BA II	NANCY	KIRAN BALA	SUNIL KUMAR	8307919133
36	120209002222	BA-II	MANJU RANI	NIRMLA DEVI	JARNAIL SINGH	9813285287
37	120209002229	BA-II	CHINI SINGLA	REKHA	RAMAN SINGLA	9350704714
38	120209002245	BA-II	POOJA	KELO DEVI	SATBIR	7206027974
39	120209002247	BA-II	HIMANSHI	SAROJ	VINAY KUMAR	9350415978
40	120209002270	BA-II	NIDHI SAINI	SALOCHANA SAINI	JASBIR SINGH	9499193717
41	120209002273	BA-II	HARNUR KAUR	CHARANJEET KAUR	KULWINDER SINGH	8685867717
42	120209002306	BA-II	SONIA GUPTA	AARTI DEVI	DEVA NAND GUPTA	9996154165
43	120209015064	B.Sc (NM) II	SANJANA	KRISHANA DEVI	MAHINDER KUMAR	7206378040
44	120209039025	B.COM VOC II	GAURANGI	MEENAKSHI	AMIT SINGLA	8295120339
45	120209039043	B.COM VOC II	KHUSHANSHI SHARMA	POOJA	RAMAN SHARMA	9416296530
46	1212092002006	BA-I	MANISHA	PARVESH	PARDEEP	9588797482
47	1212092002020	BA-I	REEMA DEVI	NEELAM RANI	DALBIR SINGH	7988473870
48	1212092002083	BA-I	PINKI	SUSHILA	RAJESH KUMAR	7404485265
49	1212092002086	BA-I	PREETI RANI	SAROJ	RAJU	7494878024
50	1212092002106	BA-I	SONU	PUSHPA BAJAJ	AMIR CHAND	8901758216
51	1212092002108	BA-I	GAYATRI SHARMA	MADHU SHARMA	ASHOK KUMAR SHARMA	9991878061
52	1212092002112	BA-I	MINAKSHI	MAMTA DEVI	NARESH KUMAR	8570848300
53	1212092002115	BA-I	VAISHNAVI	RITA	AJAY PURI	9068058454
54	1212092002121	BA-I	MUSKAN	PARMILA	LABH SINGH	8053325327
55	1212092002186	BA-I	MANISHA	REKHA DEVI	RAVI DUTT	9350556816
56	1212092002192	BA-I	POOJA	parvesh rani	mehar singh	9817545486
57	1212092002235	BA-I	NEHA	HEERAWATI	TRILOKINATH	8307822710
58	1212093002007	BA-I	ANCHAL SAINI	BABITA	RAKESH KUMAR	9541888316
59	1212093015040	B.Sc (NM) I	JIYA	POOJA RANI	SURENDER KUMAR	9728155885
60	120209003086	B.Com II SFS	SANJANA	MANJU	HARISH PRASHAD	9729123561

Attached to the true copy  
 No. of students enrolled = 60  
 course completed = 60

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