

VAC006	Certificate in Yoga for Wellness
Contact Hours	30 Hours
Prerequisite	Nil

Course Description
The Certificate in Yoga for Wellness program offers a comprehensive exploration of yoga's profound impact on holistic well-being. This course delves into the philosophy, practice, and science of yoga, equipping participants with the knowledge and skills to promote wellness through ancient techniques. Students will develop a deep understanding of yoga's physical, mental, and spiritual dimensions, enabling them to guide individuals toward optimal health and balance.

Course Objectives

1. Demonstrate a thorough understanding of the history, philosophy, and principles of yoga.
2. Apply a variety of yoga postures (asanas) and breathing techniques (pranayama) to enhance physical flexibility, strength, and balance.
3. Explore meditation and mindfulness practices to improve mental clarity, stress management, and emotional well-being.
4. Analyze the physiological and psychological benefits of yoga, and articulate its role in promoting overall health.
5. Incorporate yogic principles into a holistic approach to wellness and lifestyle management.

Course Content

Module I: Introduction to Yoga and Wellness

5 hours

Module II: Foundations of Yoga Practice

10 hours

- History and Philosophy of Yoga.
- Yogic Lifestyle and Ethics.
- Cultural and Global Perspectives.

Module III: Meditation and Mindfulness Techniques

10 hours

- Asanas (Yoga Postures) and Alignment.
- Pranayama (Breath Control).

- Anatomy and Physiology in Yog.
- Body Systems and Yoga.
- Benefits and Contraindications.
- Yoga for Stress and Anxiety Management.

[Signature]

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K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

	Evaluation Component	Weightage (%)
1	Demonstration/Practical Activities during Yoga Sessions	20
2	Project	20
3	Attendance	10
4	End Term Examination	50

Telles, S., & Dash, M. (2018). *Yoga: Its Basis and Applications*. Publisher.
 Khalsa, S. B. S., & McCall, T. (2016). *The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together*. Publisher.

Reference Books

Iyengar, B. K. S. (2009). *Light on Yoga*. Publisher.
 Desikachar, T. K. V. (2016). *The Heart of Yoga: Developing a Personal Practice*. Publisher.

Textbooks

1. Surya Namaskar
2. Selected Asana
3. Pranayama
4. Concentration on Bhramadhya
5. Project Work (effect of everyday concentration on the breath) reflections to be compiled in the form of a Project report.

Practicum

- Yoga for Physical Fitness and Flexibility.
- Yoga for Emotional Balance.
- Yoga for Chronic Health Conditions.

Module IV: Yoga for Wellness Applications

5 hours



Ref.No.:KRMU/Admin./Notice/2018-19/476(B) Dated: 07th December, 2018

NOTICE

This is to put for information that School of Medical & Allied Sciences is offering Value-Added Course (VAC) for all interested students during Even Semester as per the following specifications.

Course Code	Course Title	Coordinating Department / School	Duration
VAC006	Certificate in Yoga for Wellness	SMAS	30 Hrs.
VAC009	Ayurveda and Nutrition	SMAS	30 Hrs.

Maximum 100 seats are available for the course.

Course Start Date: 02 January 2019

Course End Date: 19 March 2019

All interested students are required to confirm their registration with the Dean-School of Medical & Allied Sciences latest by 26th December, 2018

Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)
Copy to:

- Vice Chancellor
- Dean (Academics Affairs)
- Controller of Examinations
- All Deans/ School Coordinators
- All Faculty Members/ Mentors
- Notice Board
- Office Copy

For kind information :

Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)



ATTENDANCE SHEET

VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC006

COURSE TITLE: CERTIFICATE IN YOGA FOR WELLNESS

Roll No	NAME	PROGRAMM	SEMESTER	2-Jan-19	3-Jan-19	4-Jan-19	7-Jan-19	9-Jan-19	10-Jan-19
1802070009	DEEPANSHU ARYA	B.Com (H)	Semester II	P	P	P	A	P	P
1802070013	GITANJALI	B.Com (H)	Semester II	A	P	P	P	P	P
1802070016	KARTEEKAI TUTEJA	B.Com (H)	Semester II	P	P	P	P	A	P
1802070017	M. NARENTHRA PIRABA	B.Com (H)	Semester II	P	P	P	P	P	P
1802070022	MUKUL JI RAO	B.Com (H)	Semester II	P	A	P	P	P	P
1802070030	PAYAL RAGHAV	B.Com (H)	Semester II	P	P	A	P	P	A
1802070046	TARUN	B.Com (H)	Semester II	P	P	A	P	A	P
1802070047	VARUN CHOUDHARY	B.Com (H)	Semester II	P	A	P	P	P	P
1802070059	RAMIT SAXENA	B.Com (H)	Semester II	P	P	P	A	P	A
1802080026	HEENA SEHRAWAT	BBA	Semester II	P	P	P	P	P	P
1802080034	MD TASLIM KHAN	BBA	Semester II	P	P	P	P	P	P
1803110009	ARUN KAUSHIK	B.Sc (H) Math	Semester II	P	P	P	P	P	P
1805140023	TARUN KAPOOR	BBA LLB (H)	Semester II	P	A	P	P	P	P
1805140028	SONAL YADAV	BBA LLB (H)	Semester II	P	P	P	P	P	P
1805170011	HARSHIT SABOO	B.A. LL.B (H)	Semester II	P	P	P	A	P	P
1805170015	KUNAL ANANT	B.A. LL.B (H)	Semester II	A	A	A	P	P	P
1805170024	POOJA	B.A. LL.B (H)	Semester II	P	A	P	P	P	P
1805230002	NIKITA SHARMA	LLB (Hons.)	Semester II	P	A	A	P	P	P
1805230004	PRASHANT CHATURVEDI	LLB (Hons.)	Semester II	P	P	A	A	A	P
1805230007	SAGAR GUJJAR	LLB (Hons.)	Semester II	P	P	P	P	P	P
1806160002	CHITSIMRAN KAUR MALHAN	B.Arch	Semester II	P	P	A	A	A	P

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Roll No	NAME	11-Jan-19	14-Jan-19	15-Jan-19	16-Jan-19	18-Jan-19	21-Jan-19	24-Jan-19	28-Jan-19	30-Jan-19
1802070009	DEEPANSHU ARYA	P	P	P	P	P	P	A	P	P
1802070013	GITANJALI	P	P	P	P	P	P	P	P	P
1802070016	KARTEEKAI TUTEJA	P	P	P	P	P	P	P	P	P
1802070017	M. NARENTHRA PIRABA	P	P	P	P	P	P	P	P	P
1802070022	MUKUL JI RAO	P	P	P	P	P	P	P	P	P
1802070030	PAYAL RAGHAV	A	P	P	P	P	P	P	P	P
1802070046	TARUN	P	P	P	P	A	P	P	P	P
1802070047	VARUN CHOUDHARY	P	P	P	P	P	P	P	P	P
1802070059	RAMIT SAXENA	P	P	P	P	P	P	P	P	P
1802080026	HEENA SEHRAWAT	P	P	P	P	P	P	P	P	P
1802080034	MD TASLIM KHAN	P	P	P	P	P	P	P	P	P
1803110009	ARUN KAUSHIK	P	P	P	P	P	P	P	P	P
1805140023	TARUN KAPOOR	P	P	P	P	P	P	P	P	P
1805140028	SONAL YADAV	P	P	P	P	P	P	P	P	P
1805170011	HARSHIT SABOO	P	P	A	P	P	P	P	P	P
1805170015	KUNAL ANANT	A	P	P	P	A	P	P	P	P
1805170024	POOJA	P	P	A	P	P	P	P	P	P
1805230002	NIKITA SHARMA	P	P	P	P	P	P	P	P	P
1805230004	PRASHANT CHATURVEDI	P	P	P	P	P	P	P	P	P
1805230007	SAGAR GUJJAR	P	P	P	P	P	P	P	P	P
1806160002	CHITSIMIRAN KAUR MALHAN	P	P	P	P	P	P	P	P	P

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Roll No	NAME	1-Feb-19	4-Feb-19	5-Feb-19	6-Feb-19	7-Feb-19	8-Feb-19	9-Feb-19	10-Feb-19	11-Feb-19
1802070009	DEEPANSHU ARYA	P	P	P	P	P	P	P	A	P
1802070013	GITANJALI	P	P	P	P	P	A	P	P	P
1802070016	KARTEEKAI TUTEJA	P	P	P	P	P	P	P	P	P
1802070017	M. NARENTHRA PIRABA	P	P	P	P	P	P	P	P	P
1802070022	MUKUL JI RAO	P	P	P	P	P	P	P	P	P
1802070030	PAYAL RAGHAV	P	P	P	P	P	P	P	P	A
1802070046	TARUN	P	P	P	P	P	P	P	P	P
1802070047	VARUN CHOUDHARY	P	P	P	P	P	P	A	P	P
1802070059	RAMIT SAXENA	P	P	P	P	P	P	P	P	P
1802080026	HEENA SEHRAWAT	A	P	P	P	P	P	P	P	P
1802080034	MD TASLIM KHAN	A	P	P	A	P	P	P	P	P
1803110009	ARUN KAUSHIK	P	P	P	P	P	P	P	A	P
1805140023	TARUN KAPOOR	P	P	P	P	P	P	P	A	P
1805140028	SONAL YADAV	P	P	P	P	P	P	A	P	P
1805170011	HARSHIT SABOO	P	P	P	P	P	P	P	A	P
1805170015	KUNAL ANANT	P	P	P	P	P	P	P	A	P
1805170024	POOJA	P	P	P	P	P	P	P	A	P
1805230002	NIKITA SHARMA	P	P	P	P	P	P	P	P	P
1805230004	PRASHANT CHATURVEDI	P	P	P	P	P	P	P	P	P
1805230007	SAGAR GUJJAR	P	P	P	P	P	P	P	A	A
1806160002	CHITSIMIRAN KAUR MALHAN	P	P	P	P	P	P	P	P	P

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VAC COURSE FOR ACADEMIC YEAR 2018-19

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Roll No	NAME	12-Feb-19	14-Feb-19	15-Feb-19	19-Feb-19	22-Feb-19	25-Feb-19	1-Mar-19	6-Mar-19	12-Mar-19
1802070009	DEEPANSHU ARYA	P	A	A	P	P	A	P	P	A
1802070013	GITANJALI	A	P	P	P	P	P	P	P	P
1802070016	KARTEEKAI TUTEJA	A	P	P	P	A	P	P	P	P
1802070017	M. NARENTHRA PIRABA	P	P	P	P	A	P	P	P	P
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1802070030	PAYAL RAGHAV	A	P	A	P	P	P	P	A	P
1802070046	TARUN	P	P	P	P	P	P	P	P	P
1802070047	VARUN CHOUDHARY	P	P	P	P	P	P	P	P	A
1802070059	RAMIT SAXENA	P	P	P	P	P	P	P	P	P
1802080026	HEENA SEHRAWAT	P	P	P	P	P	P	A	P	P
1802080034	MD TASLIM KHAN	P	P	P	P	P	A	P	P	P
1803110009	ARUN KAUSHIK	P	P	P	P	P	P	P	P	P
1805140023	TARUN KAPOOR	P	P	P	P	P	P	A	P	P
1805140028	SONAL YADAV	A	P	P	P	P	P	A	P	P
1805170011	HARSHIT SABOO	P	P	P	P	P	P	P	P	P
1805170015	KUNAL ANANT	P	P	P	P	P	P	P	P	P
1805170024	POOJA	P	P	P	P	P	P	P	P	P
1805230002	NIKITA SHARMA	P	P	P	P	P	P	P	P	P
1805230004	PRASHANT CHATURVEDI	P	P	P	P	P	P	P	P	P
1805230007	SAGAR GUJJAR	P	P	A	P	P	P	P	P	P
1806160002	CHITSIMRAN KAUR MALHAN	P	P	P	P	P	P	A	P	P

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Roll No	NAME	14-Mar-19	15-Mar-19	18-Mar-19	19-Mar-19	TOTAL	Present	Percentage
1802070009	DEEPANSHU ARYA	P	P	A	P	37	29	78.38
1802070013	GITANJALI	A	A	P	P	37	32	86.49
1802070016	KARTEEKAI TUTEJA	P	A	P	P	37	33	89.19
1802070017	M. NARENTHRA PIRABA	A	A	P	P	37	34	91.89
1802070022	MUKULJI RAO	P	A	P	P	37	34	91.89
1802070030	PAYAL RAGHAV	P	A	P	P	37	29	78.38
1802070046	TARUN	P	A	P	P	37	33	89.19
1802070047	VARUN CHOUDHARY	P	A	P	P	37	33	89.19
1802070059	RAMIT SAXENA	P	A	P	P	37	34	91.89
1802080026	HEENA SEHRAWAT	P	P	A	P	37	34	91.89
1802080034	MD TASLIM KHAN	P	P	A	P	37	33	89.19
1803110009	ARUN KAUSHIK	P	P	A	P	37	35	94.59
1805140023	TARUN KAPOOR	P	A	P	P	37	33	89.19
1805140028	SONAL YADAV	A	A	P	P	37	32	86.49
1805170011	HARSHIT SABOO	P	P	P	P	37	34	91.89
1805170015	KUNAL ANANT	P	P	P	P	37	31	83.78
1805170024	POGIA	P	P	P	P	37	34	91.89
1805230002	NIKITA SHARMA	P	P	P	P	37	35	94.59
1805230004	PRASHANT CHATURVEDI	P	A	P	P	37	33	89.19
1805230007	SAGAR GUJJAR	P	A	A	P	37	32	86.49
1806160002	CHITSIMIRAN KAUR MALHAN	P	P	A	P	37	32	86.49

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ATTENDANCE SHEET

VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC006

COURSE TITLE: CERTIFICATE IN YOGA FORWELLNESS

Roll No	NAME	PROGRAMM	SEMESTER	2-Jan-19	3-Jan-19	4-Jan-19	7-Jan-19	9-Jan-19	10-Jan-19
1806160005	MANAV GARG	B.Arch	Semester II	P	P	P	P	P	P
1806160006	MOHD MERAJ KHAN	B.Arch	Semester II	P	P	P	P	P	P
1811260001	ANJALI SINGH	B.El.Ed.	Semester II	P	P	P	P	P	P
1811260002	CHAHAT	B.El.Ed.	Semester II	P	P	P	P	P	P
1811260003	DEEPANSHI AROFA	B.El.Ed.	Semester II	P	P	P	P	A	P
1811260006	KAJAL THAKKAR	B.El.Ed.	Semester II	P	A	P	P	P	A
1811260007	KANIKA MISHRA	B.El.Ed.	Semester II	P	A	P	A	P	P
1811260008	KRITI	B.El.Ed.	Semester I	A	A	P	P	P	P
1811260010	NISHA NAUTYAL	B.El.Ed.	Semester I	P	P	P	P		A
1811260012	SIMRAN GAURI	B.El.Ed.	Semester I	P	P	P	P	P	A
1811260014	SHIYA YADAV	B.El.Ed.	Semester I	P	P	P	P	P	P
1811260001	ISHITA CHANDA	B.El.Ed.	Semester I	P	A	A	P	P	P
1811260003	KOMANSHA	B.El.Ed.	Semester II	P	P	P	P	P	P
1811260006	PRANSHU KUMAR	B.El.Ed.	Semester II	P	P	P	P	P	P
1811260008	RITIKA GUPTA	B.El.Ed.	Semester II	P	P	A	P	P	P
1811260010	SONIYA YADAV	B.El.Ed.	Semester II	P	P	P	P	P	P
1811260012	SWETA PATHAK	B.El.Ed.	Semester II	P	A	P	P	P	P
1802080054	S KARAN	BBA	Semester II	P	A	P	P	P	P
1802080056	SAHIL RANA	BBA	Semester II	P	A	P	P	P	P
1802080058	SAKSHI SEHRAWAT	BBA	Semester II	P	P	P	P	P	P
1802080059	SAURAV	BBA	Semester II	A	A	P	P	P	P
1802080061	SHUBHAM BANSAL	BBA	Semester II	P	P	P	P	P	P

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K.R. Mangalam University Registrar

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Sohna road Gurugram



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1806160005	MANAV GARG	P	P	P	P	P	P	P	P	P
1806160006	MOHD MERAJ KHAN	P	P	P	P	P	P	P	P	P
1811260001	ANJALI SINGH	A	P	P	P	P	P	P	P	P
1811260002	CHAHAT	P	P	P	P	P	P	P	P	P
1811260003	DEEPANSHI ARORA	P	P	P	P	P	P	P	P	P
1811260006	KAJAL THAKRAN	P	P	P	P	P	P	P	P	P
1811260007	KANIKA MISHRA	A	P	P	P	P	P	P	P	P
1811260008	KRITI	P	P	P	P	P	P	P	P	P
1811260010	NISHA NAUTIYAL	P	P	A	P	P	P	P	P	P
1811260012	SIMRAN GAURI	A	A	P	P	P	A	P	P	P
1811260014	SHIYA YADAV	P	P	P	P	P	P	P	P	P
1811270001	ISHITA CHANDA	P	P	P	P	P	P	P	P	P
1811270003	KOMANSHA	P	P	P	P	P	P	P	P	P
1811270006	PRANSHU KUMAR	P	P	P	P	P	P	P	P	P
1811270008	RITIKA GUPTA	P	P	P	P	P	P	P	P	P
1811270010	SONIYA YADAV	P	P	P	P	P	P	P	P	P
1811270012	SWETA PATHAK	P	P	P	P	P	P	P	P	P
1802080054	S KARAN	P	P	P	P	P	P	P	P	P
1802080056	SAHIL RANA	P	P	P	P	P	P	P	P	P
1802080058	SAKSHI SEHRAWAT	P	P	P	P	P	P	P	P	P
1802080059	SAURAV	P	P	P	P	A	P	P	P	P
1802080061	SHUBHAM BANSAL	P	P	P	P	P	P	P	P	P

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Roll No	NAME	1-Feb-19	4-Feb-19	5-Feb-19	6-Feb-19	7-Feb-19	8-Feb-19	9-Feb-19	10-Feb-19	11-Feb-19
1806160005	MANAV GARG	P	P	P	P	P	P	P	P	P
1806160006	MOHD MERAJ KHAN	P	P	P	P	P	P	P	P	P
1811260001	ANJALI SINGH	P	P	P	P	P	P	P	P	P
1811260002	CHAHAT	P	P	P	P	P	P	A	P	P
1811260003	DEEPANSHI ARORA	P	P	P	P	P	P	P	A	P
1811260006	KAJAL THAKRAN	P	P	P	P	P	P	P	A	P
1811260007	KANIKA MISHRA	P	P	P	P	P	P	P	A	P
1811260008	KRITI	P	P	P	P	A	P	P	P	P
1811260010	NISHA NAUTIYAL	P	P	P	P	P	P	P	P	P
1811260012	SIMRAN GAURI	P	P	P	P	P	A	P	P	A
1811260014	SHIYA YADAV	P	P	P	P	P	P	P	A	P
1811270001	ISHITA CHANDA	P	P	P	P	P	P	P	P	P
1811270003	KOMANSHA	P	P	P	P	P	P	P	P	P
1811270006	PRANSHU KUMAR	P	P	P	P	P	P	P	P	P
1811270008	RITIKA GUPTA	P	P	P	P	P	P	P	P	P
1811270010	SONIYA YADAV	P	P	P	P	P	P	P	P	P
1811270012	SWETA PATHAK	P	P	P	P	P	P	P	P	P
1802080054	S KARAN	P	P	P	P	P	P	P	A	P
1802080056	SAHIL RANA	P	P	P	P	P	P	P	P	P
1802080058	SAKSHI SEHRAWAT	P	P	P	P	P	P	P	P	P
1802080059	SAURAV	P	P	P	P	P	P	P	P	P
1802080061	SHUBHAM BANSAL	P	P	P	P	P	P	P	P	P

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K.R. Mangalam University
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1806160005	MANAV GARG	P	P	A	P	A	P	P	P	P
1806160006	MOHD MERAJ KHAN	P	P	P	P	P	P	A	P	P
1811260001	ANJALI SINGH	P	P	P	P	P	P	A	P	P
1811260002	CHAHAT	P	P	A	P	P	P	P	P	A
1811260003	DEEPANSHI ARORA	P	P	P	P	P	P	P	P	P
1811260006	KAJAL THAKRAN	P	P	P	P	P	P	P	P	P
1811260007	KANIKA MISHRA	P	P	P	P	P	P	P	P	P
1811260008	KRITI	P	A	A	P	P	P	A	A	P
1811260010	NISHA NAUTYAL	P	P	P	P	P	P	P	P	P
1811260012	SIMRAN GAURI	P	A	P	P	P	P	P	P	P
1811260014	SHIYA YADAV	P	P	P	P	P	P	P	P	P
1811270001	ISHITA CHANDA	P	P	P	P	A	P	A	P	P
1811270003	KOMANSHA	P	P	P	P	P	P	P	P	P
1811270006	PRANSHU KUMAR	P	P	P	P	P	P	A	P	P
1811270008	RITIKA GUPTA	P	P	P	P	A	P	A	P	P
1811270010	SONIYA YADAV	P	P	P	P	A	P	A	P	P
1811270012	SWETA PATHAK	P	P	P	P	P	P	P	P	P
1802080054	S KARAN	P	P	P	P	P	P	P	P	P
1802080056	SAHIL RANA	P	P	P	P	P	P	P	P	P
1802080058	SAKSHI SEHRAWAT	P	A	P	P	P	P	P	P	A
1802080059	SAURAV	P	P	P	P	P	P	P	P	A
1802080061	SHUBHAM BANSAL	P	P	P	P	P	P	P	P	A

COURSE INCHARGE

Registrar

School of Medical & Allied Sciences
K.R. Mangalam University
Sohna road, Gurugram

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ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2018-19
COURSE CODE: VAC006
COURSE TITLE: CERTIFICATE IN YOGA FORWELLNESS

Roll No	NAME	14-Mar-19	15-Mar-19	18-Mar-19	19-Mar-19	TOTAL	Present	Percentage
1806160005	MANAV GARG	A	P	P	P	37	34	91.89
1806160006	MOHD MERAJ KHAN	P	P	A	P	37	35	94.59
1811260001	ANJALI SINGH	P	P	A	P	37	34	91.89
1811260002	CHAHAT	P	A	P	A	37	32	86.49
1811260003	DEEPANSHI ARORA	P	P	P	A	37	34	91.89
1811260006	KAJAL THAKRAN	P	P	P	A	37	33	89.19
1811260007	KANIKA MISHRA	P	P	P	P	37	33	89.19
1811260008	KRITI	P	A	P	A	37	28	75.68
1811260010	NISHA NAUTYAL	P	A	P	P	37	33	89.19
1811260012	SIMRAN GAURI	P	P	P	A	37	29	78.38
1811260014	SHIYA YADAV	P	P	P	P	37	36	97.30
1811270001	ISHITA CHANDA	P	P	P	P	37	33	89.19
1811270003	KOMANSHA	P	A	P	P	37	36	97.30
1811270006	PRANSHU KUMAR	P	P	A	P	37	35	94.59
1811270008	RITIKA GUPTA	P	P	P	P	37	34	91.89
1811270010	SONIYA YADAV	P	P	P	P	37	35	94.59
1811270012	SWETA PATHAK	P	P	P	P	37	36	97.30
1802080054	S KARAN	P	A	P	P	37	34	91.89
1802080056	SAHIL RANA	P	P	P	P	37	36	97.30
1802080058	SAKSHI SEHRAWAT	P	P	P	P	37	35	94.59
1802080059	SAURAV	P	P	P	P	37	33	89.19
1802080061	SHUBHAM BANSAL	P	P	P	P	37	36	97.30

COURSE INCHARGE

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K.R. Mangalam University

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School of Medical & Allied Sciences (SMAS)
K.R. Mangalam University
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ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2018-19
COURSE CODE: VAC006
COURSE TITLE: CERTIFICATE IN YOGA FORWELLNESS

Roll No	NAME	PROGRAMM	SEMESTER	2-Jan-19	3-Jan-19	4-Jan-19	7-Jan-19	9-Jan-19	10-Jan-19
1802080063	SHUBHASHISH KUMAR SINGH	BBA	Semester II	P	A	P	A	P	P
1802080064	SHWETA DUBEY	BBA	Semester II	P	P	P	P	P	P
1802080085	ABHISHEK HARSANA	BBA	Semester II	P	P	P	P	P	P
1802080086	PRATEEK KUMAR	BBA	Semester II	P	P	P	P	P	P
1802080087	AKASH YADAV	BBA	Semester II	P	P	P	P	P	P
1802080065	SIDHANT GOSAIN	BBA	Semester II	P	P	P	P	P	P
1802080067	UDITA SHARMA	BBA	Semester II	P	P	P	P	P	P
1802080070	VINIT KAUR SETHI	BBA	Semester II	P	P	P	P	P	P
1802080071	VIPUL CHAUHAN	BBA	Semester II	A	P	P	A	P	P
1802080073	AKHIL SHARMA	BBA	Semester II	A	P	P	A	P	P
1802570014	SHUBHAM SHARMA	MBA	Semester II	A	P	P	P	A	P
1802570018	PAWAN KUMAR	MBA	Semester II	A	P	P	A	P	P
1802570020	ANCHAL BHATIA	MBA	Semester II	A	P	P	P	P	P
1802570022	DEEPANSHU	MBA	Semester II	P	P	P	P	P	P
1802080023	HARSH BANSAL	BBA	Semester II	P	P	A	P	A	P
1802080025	HARSH MUNJAL	BBA	Semester II	P	P	P	P	P	P
1802080027	HIMANSHU	BBA	Semester II	P	P	P	P	P	P
1802080029	ISHA GUPTA	BBA	Semester II	P	P	P	P	P	P
1802080030	JASKARAN SINGH	BBA	Semester II	P	P	A	P	P	A
1802080031	JATIN CHOUDHARY	BBA	Semester II	P	P	P	A	P	P
1802080035	MOHIT GOYAL	BBA	Semester II	P	P	P	P	A	A
1802080036	MOHIT LOHIA	BBA	Semester II	P	P	P	A	P	P

COURSE INCHARGE

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K.R. Mangalam University

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VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC006

COURSE TITLE: CERTIFICATE IN YOGA FORWELLNESS

Roll No	NAME	11-Jan-19	14-Jan-19	15-Jan-19	16-Jan-19	18-Jan-19	21-Jan-19	24-Jan-19	28-Jan-19	30-Jan-19
1802080063	SHUBHASHISH KUMAR SINGH	P	P	P	A	P	P	P	P	P
1802080064	SHWETA DUBEY	P	A	P	P	P	P	A	P	P
1802080085	ABHISHEK HARSANA	P	P	P	A	P	P	P	P	P
1802080086	PRAATEEK KUMAR	P	P	P	A	P	P	P	P	P
1802080087	AKASH YADAV	P	P	P	A	P	P	P	P	P
1802080065	SIDHANT GOSAIN	P	P	P	A	P	P	P	P	P
1802080067	UDITA SHARMA	P	P	P	A	P	P	P	P	P
1802080070	VINIT KAUR SETHI	P	P	P	A	P	P	P	P	P
1802080071	VIPUL CHAUHAN	P	P	P	P	P	A	P	P	P
1802080073	AKHIL SHARMA	P	P	P	P	P	P	P	P	P
1802570014	SHUBHAM SHARMA	P	P	P	P	P	P	P	P	P
1802570018	PAWAN KUMAR	P	P	P	A	A	P	P	P	P
1802570020	ANCHAL BHATIA	P	P	P	P	P	P	P	P	P
1802570022	DEEPANSHU	P	P	P	P	P	P	P	P	P
1802080023	HARSH BANSAL	P	P	P	P	P	P	P	P	P
1802080025	HARSH MUNJAL	P	P	P	P	P	P	P	P	P
1802080027	HIMANSHU	P	P	P	P	A	P	P	P	P
1802080029	ISHA GUPTA	P	P	P	A	P	P	P	P	P
1802080030	JASKARAN SINGH	P	P	P	P	P	P	P	P	P
1802080031	JATIN CHOUDHARY	P	A	P	P	P	P	P	P	P
1802080035	MOHIT GOYAL	P	P	P	P	P	P	P	P	P
1802080036	MOHIT LOHIA	P	A	P	P	P	P	P	P	P

COURSE INCHARGE

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K.R. Mangalam University

Sohna Road, Gurugram, Haryana

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Sohna road, Gurugram



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VAC COURSE FOR ACADEMIC YEAR 2018-19
COURSE CODE: VAC006
COURSE TITLE: CERTIFICATE IN YOGA FORWELLNESS

Roll No.	NAME	1-Feb-19	4-Feb-19	5-Feb-19	6-Feb-19	7-Feb-19	8-Feb-19	9-Feb-19	10-Feb-19	11-Feb-19
1802080063	SHUBHASHISH KUMAR SINGH	P	P	P	P	P	P	P	P	P
1802080064	SHWETA DUBEY	P	P	P	P	P	P	P	P	P
1802080085	ABHISHEK HARSANA	P	P	P	P	P	P	P	P	P
1802080086	PRAITEEK KUMAR	P	A	P	P	P	P	P	P	P
1802080087	AKASH YADAV	P	A	P	P	P	P	P	P	P
1802080065	SIDHANT GOSAIN	P	A	P	P	P	P	P	P	P
1802080067	UDITA SHARMA	P	A	P	P	P	P	P	P	P
1802080070	VINIT KAUR SETHI	P	A	P	P	P	P	P	P	P
1802080071	VIPUL CHAUHAN	P	P	P	P	P	P	A	P	P
1802080073	AKHIL SHARMA	P	P	P	P	A	P	P	P	P
1802570014	SHUBHAM SHARMA	P	P	P	P	P	P	A	P	P
1802570018	PAWAN KUMAR	P	P	P	P	P	P	A	P	P
1802570020	ANCHAL BHATIA	P	P	P	P	P	P	A	P	P
1802570022	DEEPANSHU	P	P	P	P	A	A	P	P	P
1802080023	HARSH BANSAL	P	P	P	P	P	P	P	P	A
1802080025	HARSH MUNJAL	P	P	P	P	A	P	P	P	P
1802080027	HIMANSHU	P	P	P	P	P	A	P	P	P
1802080029	ISHA GUPTA	P	P	P	P	P	P	P	P	P
1802080030	JASKARAN SINGH	P	P	P	P	P	P	P	P	A
1802080031	JATIN CHOUDHARY	P	P	P	P	P	P	P	P	P
1802080035	MOHIT GOYAL	P	P	P	P	P	P	P	P	P
1802080036	MOHIT LOHIA	P	P	P	P	P	P	A	A	P

COURSE INCHARGE

Registrar

School of Medical & Allied Sciences
K.R. Mangalam University
 Sector 10, Gurugram

K.R. Mangalam University



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VAC COURSE FOR ACADEMIC YEAR 2018-19

COURSE CODE: VAC006
COURSE TITLE: CERTIFICATE IN YOGA FOR WELLNESS

Roll No	NAME	12-Feb-19	14-Feb-19	15-Feb-19	19-Feb-19	22-Feb-19	25-Feb-19	1-Mar-19	6-Mar-19	12-Mar-19
1802080063	SHUBHASHISH KUMAR SINGH	P	A	P	P	P	P	P	P	P
1802080064	SHWETA DUBEY	P	A	P	P	P	P	P	P	P
1802080085	ABHISHEK HARSANA	P	A	P	P	P	P	P	A	P
1802080086	PRATEEK KUMAR	P	P	P	P	P	P	P	P	P
1302080087	AKASH YADAV	P	P	P	P	P	P	P	P	P
1802080065	SIDHANT GOSAIN	P	P	P	P	P	P	P	P	P
1802080067	UDITA SHARMA	P	P	P	P	P	P	P	P	P
1802080070	VINIT KAUR SETHI	P	P	P	P	P	P	P	P	P
1802080071	VIPUL CHAUHAN	P	P	P	P	P	P	P	A	P
1802080073	AKHIL SHARMA	P	A	P	P	P	P	A	A	P
1802570014	SHUBHAM SHARMA	P	A	P	P	A	P	P	A	P
1802570018	PAWAN KUMAR	P	P	P	P	P	P	P	P	P
1802570020	ANCHAL BHATIA	P	P	A	P	P	P	P	P	P
1802570022	DEEPANSHU	P	P	P	P	P	P	A	P	P
1802080023	HARSH BANSAL	P	P	A	P	A	P	P	A	A
1802080025	HARSH MUNJAL	P	P	A	P	P	P	P	P	P
1802080027	HIMANSHU	A	P	P	P	P	P	A	P	P
1802080029	ISHA GUPTA	P	P	P	P	P	A	P	P	P
1802080030	JASKARAN SINGH	P	P	P	P	A	P	P	P	A
1802080031	JATIN CHOUDHARY	P	P	A	P	P	P	A	P	P
1802080035	MOHIT GOYAL	A	P	P	P	P	A	P	P	P
1802080036	MOHIT LOHIA	P	A	P	P	A	A	P	P	P

COURSE INCHARGE

Registrar

K.R. Mangalam University

School of Medical & Allied Sciences

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Schna road, Gurugram



ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2018-19
COURSE CODE: VAC006
COURSE TITLE: CERTIFICATE IN YOGA FORWELLNESS

Rol No	NAME	14-Mar-19	15-Mar-19	18-Mar-19	19-Mar-19	TOTAL	Present	Percentage
1802080063	SHUBHASHISH KUMAR SINGH	P	P	P	P	37	33	89.19
1802080064	SHWETA DUBEY	P	P	P	P	37	34	91.89
1802080085	ABHISHEK HARSANA	P	P	P	P	37	34	91.89
1802080086	PRATEEK KUMAR	P	P	P	P	37	35	94.59
1802080087	AKASH YADAV	P	P	P	P	37	35	94.59
1802080065	SIDHANT GOSAIN	P	A	P	P	37	34	91.89
1802080067	UDITA SHARMA	P	P	P	P	37	35	94.59
1802080070	VINIT KAUR SEITHI	P	P	P	P	37	35	94.59
1802080071	VIPUL CHAUHAN	P	P	P	P	37	32	86.49
1802080073	AKHIL SHARMA	A	P	P	P	37	30	81.08
1802570014	SHUBHAM SHARMA	P	P	A	P	37	30	81.08
1802570018	PAWAN KUMAR	P	A	P	P	37	31	83.78
1802570020	ANCHAL BHATIA	P	P	P	P	37	34	91.89
1802570022	DEEPANSHU	P	P	A	P	37	33	89.19
1802080023	HARSH BANSAL	P	A	A	P	37	28	75.68
1802080025	HARSH MUNJAL	P	P	P	P	37	35	94.59
1802080027	HIMANSHU	A	A	P	P	37	31	83.78
1802080029	ISHA GUPTA	P	P	P	P	37	35	94.59
1802080030	JASKARAN SINGH	P	P	P	P	37	32	86.49
1802080031	JATIN CHOUDHARY	P	A	P	P	37	32	86.49
1802080035	MOHIT GOYAL	P	A	P	P	37	32	86.49
1802080036	MOHIT LOHIA	P	P	P	P	37	29	78.38

COURSE INCHARGE

Registrar

K.R. Mangalam University

School of Medical & Allied Sciences

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K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

VALUE ADDED COURSE (VAC)

ACADEMIC YEAR 2018-19

COURSE CODE: VAC006

COURSE TITLE: CERTIFICATE IN YOGA FOR WELLNESS

COURSE OFFERED BY: SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)

LIST OF STUDENTS COMPLETING THE COURSE

S.NO	SESSION	ROLL NO	NAME	PROGRAMME	SEMESTER	COURSE CODE	COURSE TITLE	SCHOOL
1	2018-19	1802070009	DEEPANSHU ARYA	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
2	2018-19	1802070013	GITANJALI	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
3	2018-19	1802070016	KARTEEKAI TUTEJA	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
4	2018-19	1802070017	M. NARENTHRA PIRABAI	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
5	2018-19	1802070022	MUKULJI RAO	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
6	2018-19	1802070030	PAYAL RAGHAV	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
7	2018-19	1802070046	TARUN	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
8	2018-19	1802070047	VARUN CHOUDHARY	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
9	2018-19	1802070059	RAMIT SAXENA	B.Com (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
10	2018-19	1802080026	HEENA SEHRAWAT	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
11	2018-19	1802080034	MD TASLIM KHAN	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
12	2018-19	1803110009	ARUN KAUSHIK	B.Sc (H) Math	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
13	2018-19	1805140023	TARUN KAPOOR	BBA LLB (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF BASIC AND APPLIED SCIENCES (SBAS)
14	2018-19	1805140028	SONAL YADAV	BBA LLB (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
15	2018-19	1805170011	HARSHIT SABOO	B.A. LL.B (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
16	2018-19	1805170015	KUNAL ANANT	B.A. LL.B (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
17	2018-19	1805170024	POOJA	B.A. LL.B (H)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
18	2018-19	1805230002	NIKITA SHARMA	LLB (Hons.)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
19	2018-19	1805230004	PRASHANT CHATURVEDI	LLB (Hons.)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
20	2018-19	1805230007	SAGAR GUJAR	LLB (Hons.)	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF LEGAL STUDIES (SOLS)
21	2018-19	1806160002	CHITSIMRAN KAUR MA	B.Arch	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF ARCHITECTURE AND DESIGN (SOAD)
22	2018-19	1806160005	MANAV GARG	B.Arch	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF ARCHITECTURE AND DESIGN (SOAD)
23	2018-19	1806160006	MOHD MERAU KHAN	B.Arch	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF ARCHITECTURE AND DESIGN (SOAD)

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K.R. Mangalam University

Chandigarh, Punjab (India)



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

VALUE ADDED COURSE (VAC)

ACADEMIC YEAR 2018-19

COURSE CODE: VAC006

COURSE TITLE: CERTIFICATE IN YOGA FOR WELLNESS

COURSE OFFERED BY: SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)

LIST OF STUDENTS COMPLETING THE COURSE

24	2018-19	1811260001	ANJALI SINGH	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
25	2018-19	1811260002	CHAHAT	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
26	2018-19	1811260003	DEEPANSHI ARORA	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
27	2018-19	1811260006	KAJAL THAKRAN	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
28	2018-19	1811260007	KANIKA MISHRA	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
29	2018-19	1811260008	KRITI	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
30	2018-19	1811260010	NISHA NAUTYAL	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
31	2018-19	1811260012	SIMRAN GAURI	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
32	2018-19	1811260014	SHIYA YADAV	B.EI.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
33	2018-19	1811270001	SHIJA CHANDA	B.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
34	2018-19	1811270003	KOMANSHA	B.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
35	2018-19	1811270006	PRANSHU KUMAR	B.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
36	2018-19	1811270008	RITIKA GUPTA	B.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
37	2018-19	1811270010	SONIYA YADAV	B.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
38	2018-19	1811270012	SWETA PATHAK	B.Ed.	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF EDUCATION (SOED)
39	2018-19	1802080054	S KARAN	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
40	2018-19	1802080056	SAHIL RANA	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
41	2018-19	1802080058	SAKSHI SEHRAWAT	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
42	2018-19	1802080059	SAURAV	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
43	2018-19	1802080061	SHUBHAM BANSAL	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
44	2018-19	1802080063	SHUBHASHISH KUMAR	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)

Shubhashish Kumar



K.R. MANGALAM UNIVERSITY
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VALUE ADDED COURSE (VAC)

ACADEMIC YEAR 2018-19

COURSE CODE: VAC006

COURSE TITLE: CERTIFICATE IN YOGA FOR WELLNESS

COURSE OFFERED BY: SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)

LIST OF STUDENTS COMPLETING THE COURSE

45	2018-19	1802080064	SHWETA DUBEY	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
46	2018-19	1802080085	ABHISHEK HARSANA	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
47	2018-19	1802080086	PRATEEK KUMAR	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
48	2018-19	1802080087	AKASH YADAV	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
49	2018-19	1802080065	SIDHANT GOSAIN	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
50	2018-19	1802080067	UDITA SHARMA	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
51	2018-19	1802080070	VINIT KAUR SETHI	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
52	2018-19	1802080071	VIPUL CHAUHAN	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
53	2018-19	1802080073	AKHIL SHARMA	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
54	2018-19	1802570014	SHUBHAM SHARMA	MBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
55	2018-19	1802570018	PAWAN KUMAR	MBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
56	2018-19	1802570020	ANCHAL BHATTIA	MBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
57	2018-19	1802570022	DEEPANSHU	MBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
58	2018-19	1802080023	HARSH BANSAL	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
59	2018-19	1802080025	HARSH MUNJAL	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
60	2018-19	1802080027	HIMANSHU	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
61	2018-19	1802080029	ISHA GUPTA	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
62	2018-19	1802080030	JASKARAN SINGH	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
63	2018-19	1802080031	JATIN CHOUDHARY	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
64	2018-19	1802080035	MOHIT GOYAL	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)
65	2018-19	1802080036	MOHIT LOHIA	BBA	Semester II	VAC006	CERTIFICATE IN YOGA FOR WELLNESS	SCHOOL OF MANAGEMENT AND COMMERCE (SOMC)

[Handwritten Signature]

Registrar

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THE COMPLETE WORLD OF EDUCATION

CERTIFICATE OF COMPLETION

This is to certify that **DEEPANSHU ARYA**, University Enrolment No **1802070009** of **B.Com (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

bradajan

Date:25.06.2019

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This is to certify that **GITANJALI**, University Enrolment No **1802070013** of **B.Com (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Prabha

Date: 25.06.2019

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This is to certify that **KARTEEKAI TUTTJA**, University Enrolment No **1802070016** of **B.Com (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **M. NARENTHRA PIRABA**, University Enrolment No **1802070017** of **B.Com (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **MUKUL JI RAO**, University Enrolment No **1802070022** of **B.Com**
(H) programme has successfully qualified **VALUE ADDED COURSE VAC006**
(Certificate in Yoga for Wellness) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **PAYAL RAGHAV**, University Enrolment No **1802070030** of **B.Com**
(H) programme has successfully qualified **VALUE ADDED COURSE VAC006**
(Certificate in Yoga for Wellness) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **TARUN**, University Enrolment No **1802070046** of **B.Com (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **VARUN CHOUDHARY**, University Enrolment No **1802070047** of **B.Com (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

h. rajan

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This is to certify that **RAMIT SAXENA**, University Enrolment No **1802070059** of **B.Com**
(H) programme has successfully qualified **VALUE ADDED COURSE VAC006**
(Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **HEENA SEHRAWAT**, University Enrolment No **1802080026** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19 (Even Semester).

Date: 25.06.2019

h. sharma

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This is to certify that **MD TASLIM KHAN**, University Enrolment No **1802080034** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **ARUN KAUSHIK**, University Enrolment No **1803110009** of **B.Sc (H)** Math programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **TARUN KAPOOR**, University Enrolment No **1805140023** of **BBA LLB (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

Prabha

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This is to certify that **SONAL YADAV**, University Enrolment No **1805140028** of **BBA LLB (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006 (Certificate in Yoga for Wellness)** during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **HARSHIT SABOO**, University Enrolment No **1805170011** of **B.A. LL.B (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

h. rajan

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This is to certify that **KUNAL ANANT**, University Enrolment No **1805170015** of **B.A. LL.B (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date:25.06.2019

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This is to certify that **POOJA**, University Enrolment No **1805170024** of **B.A. LL.B (H)** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **NIKITA SHARMA**, University Enrolment No **1805230002** of **LLB (Hons.)** programme has successfully qualified **VALUE ADDED COURSE VAC006 (Certificate in Yoga for Wellness)** during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **PRASHANT CHATURVEDI**, University Enrolment No **18052300004** of **LLB (Hons.)** programme has successfully qualified **VALUE ADDED COURSE VAC006 (Certificate in Yoga for Wellness)** during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **SAGAR GUJJAR**, University Enrolment No **1805230007** of **LLB (Hons.)** programme has successfully qualified **VALUE ADDED COURSE VAC006 (Certificate in Yoga for Wellness)** during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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[Signature]



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This is to certify that **CHITSIMIRAN KAUR MALHAN**, University Enrolment No **1806160002** of **B.Arch** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that MANAV GARG, University Enrolment No 1806160005 of B.Arch programme has successfully qualified VALUE ADDED COURSE VAC006 (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date:25.06.2019

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This is to certify that **MOHD MERAJ KHAN**, University Enrolment No **1806160006** of **B.Arch** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Mr. Rajan

Date: 25.06.2019

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This is to certify that **ANJALI SINGH**, University Enrolment No **1811260001** of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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Pradeepan

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This is to certify that **CHAHAT**, University Enrolment No 1811260002 of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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brabjan

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Sonma Road, Gurugram,



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This is to certify that **DEEPANSHI ARORA**, University Enrolment No **1811260003** of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **KAJAL THAKRAN**, University Enrolment No **1811260006** of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date:25.06.2019

Controller of Examination

Aradhana

[Signature]
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Sohna Road, Gurugram, (Haryana)



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CERTIFICATE OF COMPLETION

This is to certify that **KANIKA MISHRA**, University Enrolment No **1811260007** of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date:25.06.2019

Controller of Examination

hrajani

[Signature]
Registrar
K.R. Mangalam University
Sohna Road, Gurugram, (Haryana)



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CERTIFICATE OF COMPLETION

This is to certify that **KRITI**, University Enrolment No 1811260008 of B.El.Ed. programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

hrajani

Date:25.06.2019

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[Signature]
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CERTIFICATE OF COMPLETION

This is to certify that **NISHA NAUTYAL**, University Enrolment No **1811260010** of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

Controller of Examination

bradajan

[Signature]

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K.R. MANGALAM UNIVERSITY
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CERTIFICATE OF COMPLETION

This is to certify that **SIMRAN GAURI**, University Enrolment No 1811260012 of B.El.Ed. programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19(Even Semester).

hachan

Date:25.06.2019

Controller of Examination

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CERTIFICATE OF COMPLETION

This is to certify that **SHIYA YADAV**, University Enrolment No **1811260014** of **B.El.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

Controller of Examination

Prabha

[Signature]

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K. R. MANGALAM UNIVERSITY

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CERTIFICATE OF COMPLETION

This is to certify that **ISHITA CHANDA**, University Enrolment No **1811270001** of **B.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

Controller of Examination

h. rajan

[Signature]

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This is to certify that **KOMANSHA**, University Enrolment No **1811270003** of **B.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Prabha

Date:25.06.2019

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CERTIFICATE OF COMPLETION

This is to certify that **PRANSHU KUMAR**, University Enrolment No **1811270006** of **B.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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Prabha

[Signature]

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This is to certify that **RITIKA GUPTA**, University Enrolment No **1811270008** of **B.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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hachajan

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[Signature]



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CERTIFICATE OF COMPLETION

This is to certify that **SONIYA YADAV**, University Enrolment No **1811270010** of **B.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

Prabha Jai

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[Signature]

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This is to certify that **SWETA PATHAK**, University Enrolment No **1811270012** of **B.Ed.** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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hachan

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This is to certify that **S KARAN**, University Enrolment No **1802080054** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19 (Even Semester).

Date: 25.06.2019

Controller of Examination

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Sohna Road, Gurugram, (Haryana)



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This is to certify that **SAHIL RANA**, University Enrolment No **1802080056** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **SAKSHI SEHRAWAT**, University Enrolment No **1802080058** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date:25.06.2019

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This is to certify that **SAURAV**, University Enrolment No **1802080059** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **SHUBHAM BANSAL**, University Enrolment No **1802080061** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **SHUBHASHISH KUMAR SINGH**, University Enrolment No **1802080063** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006 (Certificate in Yoga for Wellness)** during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **SHWETA DUBEY**, University Enrolment No **1802080064** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **ABHISHEK HARSANA**, University Enrolment No **1802080085** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19 (Even Semester).

Date: 25.06.2019

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This is to certify that **PRATEEK KUMAR**, University Enrolment No **1802080086** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **AKASH YADAV**, University Enrolment No **1802080087** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

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This is to certify that **SIDHANT GOSAIN**, University Enrolment No **1802080065** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

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This is to certify that **UDITA SHARMA**, University Enrolment No **1802080067** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19 (Even Semester).

Date: 25.06.2019

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This is to certify that **VINIT KAUR SETHI**, University Enrolment No **1802080070** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

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Date:25.06.2019

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This is to certify that **VIPUL CHAUHAN**, University Enrolment No **1802080071** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **AKHIL SHARMA**, University Enrolment No 1802080073 of BBA programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **SHUBHAM SHARMA**, University Enrolment No **1802570014** of **MBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date: 25.06.2019

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This is to certify that **PAWAN KUMAR**, University Enrolment No **1802570018** of **MBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19** (Even Semester).

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Date: 25.06.2019

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This is to certify that **ANCHAL BHATIA**, University Enrolment No **1802570020** of **MBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **DEEPANSHU**, University Enrolment No **1802570022** of **MBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **HARSH BANSAL**, University Enrolment No **1802080023** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **HARSH MUNJAL**, University Enrolment No **1802080025** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **HIMANSHU**, University Enrolment No **1802080027** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19(Even Semester).

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Date:25.06.2019

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This is to certify that **ISHA GUPTA**, University Enrolment No **1802080029** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date:25.06.2019

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This is to certify that **JASKARAN SINGH**, University Enrolment No **1802080030** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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This is to certify that **JATIN CHOUDHARY**, University Enrolment No **1802080031** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in Yoga for Wellness) during Academic Session 2018-19(Even Semester).

Date:25.06.2019

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This is to certify that **MOHIT GOYAL**, University Enrolment No **1802080035** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session **2018-19**(Even Semester).

Date: 25.06.2019

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Sohna Road, Gurugram, (Haryana)

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This is to certify that **MOHIT LOHIA**, University Enrolment No **1802080036** of **BBA** programme has successfully qualified **VALUE ADDED COURSE VAC006** (Certificate in **Yoga for Wellness**) during Academic Session 2018-19 (Even Semester).

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Date: 25.06.2019

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