

VAC052	PANCHKOSHA FOR HOLISTIC LIVING
Contact Hours	30 Hours
Prerequisite	Nil

Course Description

This course probes into the ancient Indian concept of Panchkosha, which encompasses the five layers of human existence. Participants will explore how understanding and nurturing these layers - Annamaya Kosha (Physical), Pranamaya Kosha (Energetic), Manomaya Kosha (Mental), Vijnanamaya Kosha (Wisdom), and Anandamaya Kosha (Bliss) - can lead to a more balanced and holistic way of life.

Course Objectives

The course will enable the students to:

- Introduce the concept of Panchkosha and its significance in holistic living.
- Examine each Kosha's role in human existence and well-being.
- Learn practices to nurture and harmonize the five layers.
- Explore the connection between Panchkosha and overall health and vitality.
- Apply Panchkosha principles to achieve physical, mental, and spiritual balance.
- Promote holistic living and well-being through Panchkosha awareness.
- Foster mindfulness and self-care practices.

Course Outcomes

Upon successful completion of this course, students will be able to:

- CO1: Explain the concept of Panchkosha and its role in holistic living.
- CO2: Describe each of the five Koshas and their significance in human existence.
- CO3: Apply practical techniques to nurture and balance each Kosha.
- CO4: Understand the interconnectedness of the Koshas and their impact on health.
- CO5: Implement Panchkosha principles to achieve physical, mental, and spiritual well-being.
- CO6: Advocate for holistic living and well-being through Panchkosha awareness.
- CO7: Practice mindfulness and self-care for overall health and vitality.

Course Content

Module 1: Introduction to Panchkosha

2 hours

- Understanding the Five Koshas

- Historical and Philosophical Context
- Panchkosha and Holistic Living
- Mind-Body Connection

Module 2: Annamaya Kosha (Physical Sheath)

4 hours

- The Role of Annamaya Kosha
- Physical Health and Well-being
- Yoga and Exercise for Annamaya Kosha
- Nutrition and Holistic Living

Module 3: Pranamaya Kosha (Energetic Sheath)

4 hours

- Understanding Prana (Life Force)
- Balancing Energy and Vitality
- Pranayama and Breathwork
- Energetic Practices for Well-being

Module 4: Manomaya Kosha (Mental Sheath)

5 hours

- The Mind-Body Connection
- Managing Stress and Emotions
- Mindfulness and Meditation for Mental Well-being
- Cultivating Emotional Intelligence

Module 5: Vijnanamaya Kosha (Wisdom Sheath)

4 hours

- The Pursuit of Wisdom and Knowledge
- Cultivating Intuition and Inner Wisdom
- Expanding Consciousness
- The Role of Education and Lifelong Learning

Module 6: Anandamaya Kosha (Bliss Sheath)

3 hours

- The Quest for Inner Bliss and Joy
- Transcending Ego and Attachments
- Spiritual Practices and Self-Realization
- The Path to Holistic Living

Module 7: Panchkosha Integration

4 hours

- Interconnectedness of the Koshas
- Holistic Living and Well-being
- Practicing Balance and Harmony
- Integrating Panchkosha into Daily Life

Module 8: Practicum and Application

4 hours

- Developing a Personal Panchkosha Plan
- Daily Practices and Self-Care
- Group Sharing and Reflection
- Final Presentation of Holistic Living Journey

Practicum

The course includes a practicum where participants will develop a personal Panchkosha plan, incorporating practices for nurturing and harmonizing each Kosha into their daily life. Participants will share their experiences and insights with the class.

Textbooks

1. Saraswati, Swami Satyananda. (1987). A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Yoga Publications Trust.
2. Swami Sivananda. (1996). Bliss Divine. The Divine Life Society.
3. Desikachar, T. K. V. (1995). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.
4. Satyananda Saraswati, Swami. (1972). Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali. Yoga Publications Trust.

Reference Books

1. Shankar, Jay. (2007). Yoga and the Art of Self-Transformation: A Guide to Psychological Integration. Sunstar Publishing.
2. Feuerstein, Georg. (2014). The Deeper Dimension of Yoga: Theory and Practice. Shambhala.
3. Iyengar, B. K. S. (1993). Light on Life. Rodale Books.

	Evaluation Component	Weightage (%)
1	Activities	20
2	Project/Presentation	20
3	Attendance	10
4	End Term Examination	50





K.R. MANGALAM UNIVERSITY
E D U C A T I O N F O R L I F E
(Recognized by UGC and a member of AIU)

Ref.No.: KRMU/Admin./Notice/2020-21/ 2169(A) Dated: 07th December, 2020

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
VAC052	Panchkosha for Holistic Living	SMAS	30 Hrs.

- a) *Maximum 100 seats are available for the course.*
- b) *Course Start Date: 02 January 2021*
- c) *Couse End Date: 19 March 2021*

All interested students are required to confirm their registration with the Dean-School of Medical & Allied Sciences latest by **26th December, 2020**



Registrar

Copy to:

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



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



VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC052
COURSE TITLE: PANCHKOSH FOR HOLISTIC LIVING

ROLL NO	NAME	PROGRAMME	SEMESTER	2-Jan-21	3-Jan-21	4-Jan-21	7-Jan-21	9-Jan-21
2004130001	ROOSTUM	BPT	Semester II	P	P	P	P	A
2004130002	RIYA SHARMA	BPT	Semester II	P	P	P	P	P
2004130003	TANYA SINGH	BPT	Semester II	P	P	P	P	P
2004130006	HARSH RAI	BPT	Semester II	P	P	P	P	P
2004130007	TANISHA DHULL	BPT	Semester II	P	P	P	P	P
2004130008	TWINKLE	BPT	Semester II	P	P	P	P	P
2004130009	NAVNEET JHA	BPT Yearly	Semester II	P	P	P	P	P
2004130014	NAVNEET JHA	BPT	Semester II	P	P	P	P	P
2008790003	RICHU MURUKESH	B.A. (H) Psychology	Semester II	P	P	P	P	A
2008790009	AMAL	B.A. (H) Psychology	Semester II	P	P	P	P	A
2008790010	DHRITI SHARMA	B.A. (H) Psychology	Semester II	P	P	P	P	P
2008790012	STUTI SHARMA	B.A. (H) Psychology	Semester II	P	P	P	P	P
2008790007	KHUSHI JAIN	B.A. (H) Psychology	Semester II	P	P	P	P	P
2008790011	NISHITHA GUPTA	B.A. (H) Psychology	Semester II	P	P	P	P	P
2004120002	TARUN KUMAR	B.Pharm	Semester II	P	P	P	P	P
2004120003	NARENDER SINGH	B.Pharm	Semester II	P	P	P	P	P
2004120004	KAVITA KAUSHIK	B.Pharm	Semester II	P	P	P	P	P
2004120005	YOGESH TEWATIYA	B.Pharm	Semester II	P	P	P	P	P
2004120006	JATIN VERMA	B.Pharm	Semester II	P	P	P	P	P
2004120007	AKASH	B.Pharm	Semester II	P	P	P	P	P
2004120008	GYANENDRA ROUT	B.Pharm	Semester II	P	P	P	P	P
2004120009	PUNIT YADAV	B.Pharm	Semester II	P	P	P	P	P
2004120010	PRATEEK VERMA	B.Pharm	Semester II	P	P	P	P	P
2004120011	DEEPANSHU KUMAR	B.Pharm	Semester II	P	P	P	P	P
2004120012	MUSKAN	B.Pharm	Semester II	P	P	P	P	P
2004120013	NAYANSHREE GUPTA	B.Pharm	Semester II	P	P	P	P	P
2004120014	BHUPESH MENDIRATTA	B.Pharm	Semester II	P	P	P	P	A
2004120014	BHUPESH MEHANDIRATTA	B.Pharm	Semester II	P	P	P	P	A
2004120015	ABHAY KUMAR THAKUR	B.Pharm	Semester II	P	P	P	P	A
2004120017	KESHAV KUMAR	B.Pharm	Semester II	P	P	P	P	A
2004120018	SANTOSH SINGH	B.Pharm	Semester II	P	P	P	P	P
2004120019	AJIT YADAV	B.Pharm	Semester II	P	P	P	P	P
2004120021	MAYANK GAUR	B.Pharm	Semester II	P	P	P	P	P
2004120022	SANIY CHAUHAN	B.Pharm	Semester II	P	P	P	P	P
2004120023	VAIBHAV GANDHI	B.Pharm	Semester II	P	P	P	P	P
2004120024	ABHINAV BADIJA	B.Pharm	Semester II	P	P	P	P	P

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Gurgaon, Haryana

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COURSE INCHARGE



VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC052

COURSE TITLE: PANCHKOSH FOR HOLISTIC LIVING

ROLL NO	NAME	10-Jan-21	11-Jan-21	14-Jan-21	15-Jan-21	16-Jan-21	18-Jan-21	21-Jan-21	24-Jan-21
2004130001	ROOSTUM	P	P	P	P	P	A	P	A
2004130002	RIYA SHARMA	P	P	P	P	P	P	P	P
2004130003	TANYA SINGH	P	P	P	P	P	P	P	P
2004130006	HARSH RAJ	P	P	P	P	P	A	P	A
2004130007	TANISHA DHUIL	P	P	P	P	P	P	P	P
2004130008	TWINKLE	P	P	P	P	P	A	P	P
2004130009	NAVNEET JHA	P	P	P	P	A	P	A	P
2004130009	NAVNEET JHA	P	P	P	P	P	P	P	A
2008790008	RICHU MURKESH	P	P	P	P	P	P	P	P
2008790009	KAMAL	P	P	P	P	P	A	P	P
2008790010	DHRITI SHARMA	P	P	P	P	P	P	P	A
2008790012	STUTI SHARMA	P	P	P	P	P	P	P	P
2008790007	KHUSHI JAIN	P	P	P	P	P	A	P	A
2008790011	NISHITHA GUPTA	P	P	P	P	P	P	P	P
2004120002	TARUN KUMAR	P	P	P	P	P	P	P	P
2004120003	NARENDER SINGH	P	P	P	P	P	P	P	A
2004120004	KAVITA KAUSHIK	P	P	P	P	P	P	P	A
2004120005	YOGESH TEWATIA	P	P	P	P	P	P	P	P
2004120006	JATIN VERMA	P	P	P	P	P	P	P	A
2004120007	AKASH	P	P	P	P	P	P	P	P
2004120008	GYANENDRA ROUIT	P	P	P	P	P	P	P	P
2004120009	PUNIT YADAV	P	P	P	A	A	P	P	P
2004120010	PRATEEK VERMA	P	P	P	A	P	P	P	P
2004120011	DEEPANSHU KUMAR	P	P	P	P	P	A	P	P
2004120012	MUSKAN	P	P	P	P	A	P	A	P
2004120013	NAVANSHREE GUPTA	P	P	P	P	P	P	P	A
2004120014	BHUPESH MENDIRATTA	P	P	P	A	P	P	P	P
2004120014	BHUPESH MEHANDIRATTA	P	P	P	A	P	P	P	P
2004120015	ABHAY KUMAR THAKUR	P	P	P	P	P	P	P	P
2004120017	KESHAV KUMAR	P	P	P	P	P	A	P	A
2004120018	SANTOSH SINGH	P	P	P	P	P	P	P	P
2004120019	AJIT YADAV	P	P	P	P	P	P	P	A
2004120021	MAYANK GAUR	P	P	P	P	P	P	P	A
2004120022	SANJAY CHAUHAN	P	P	P	P	P	P	P	P
2004120023	VAIBHAV GANDHI	P	P	P	P	P	P	P	A
2004120024	ABHINAV BADLIA	P	P	P	P	P	P	P	P

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Registrar

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VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC052
COURSE TITLE: PANCHKOSH FOR HOLISTIC LIVING

ROLL NO	NAME	28-Jan-21	30-Jan-21	1-Feb-21	4-Feb-21	5-Feb-21	6-Feb-21	7-Feb-21	8-Feb-21
2004130001	ROOSTUM	P	P	P	A	P	P	A	P
2004130002	RIYA SHARMA	P	P	P	P	A	P	P	P
2004130003	TANYA SINGH	P	P	P	P	P	P	P	P
2004130006	HARSH RAJ	P	P	P	P	A	P	P	A
2004130007	TANISHA DHULL	P	P	P	P	P	P	A	P
2004130008	TWINKLE	P	A	P	P	P	P	P	A
2004130009	NAVNEET JHA	P	P	P	P	P	P	P	P
2004130009	NAVNEET JHA	P	P	P	P	P	P	P	P
2008790008	RICHU MURUKESH	P	P	P	P	P	P	A	A
2008790009	KAMAL	P	P	P	A	P	P	A	P
2008790010	DHRITI SHARMA	P	P	P	P	A	P	P	P
2008790012	STUTI SHARMA	P	P	P	P	P	P	P	P
2008790007	KHUSHI JAIN	P	P	P	P	A	P	P	A
2008790011	NISHITA GUPTA	P	P	P	P	P	P	A	P
2004120002	TARUN KUMAR	P	P	P	P	P	P	P	P
2004120003	NARENDER SINGH	P	P	P	P	A	P	P	P
2004120004	KAVITA KAUSHIK	P	P	P	A	P	P	P	P
2004120005	YOGESH TEWATIYA	P	P	P	P	P	P	P	P
2004120006	JATIN VERMA	P	P	A	P	P	P	P	P
2004120007	AKASH	P	P	A	P	P	A	P	P
2004120008	GYANENDRA ROUT	P	P	P	P	P	P	P	P
2004120009	PUNIT YADAV	P	P	P	P	P	P	P	P
2004120010	PRATEEK VERMA	P	P	P	P	P	A	P	P
2004120011	DEEPANSHU KUMAR	P	A	P	P	P	P	P	A
2004120012	MUSKAN	P	P	P	P	P	P	P	P
2004120013	NAYANSHREE GUPTA	P	P	P	P	P	P	A	A
2004120014	BHUPESH MENDIRATTA	P	P	P	P	P	P	P	P
2004120014	BHUPESH MEHANDIRATTA	A	P	P	P	A	P	P	P
2004120015	ABHAY KUMAR THAKUR	P	P	P	P	P	P	P	P
2004120017	KESHAV KUMAR	P	P	P	A	P	P	A	P
2004120018	SANTOSH SINGH	P	P	P	P	A	P	P	P
2004120019	AJIT YADAV	P	P	P	P	A	P	P	P
2004120021	MAYANK GAUR	P	P	P	A	P	P	P	P
2004120022	SANJAY CHAUHAN	P	P	P	P	P	P	P	P
2004120023	VAIBHAV GANDHI	P	P	A	P	P	P	P	A
2004120024	ABHINAV BADLIA	P	P	A	P	P	A	P	P

Notar

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VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC052
COURSE TITLE: PANCHKOSH FOR HOLISTIC LIVING

ROLL NO	NAME	11-Feb-21	12-Feb-21	14-Feb-21	15-Feb-21	19-Feb-21	22-Feb-21	25-Feb-21	1-Mar-21
2004130001	ROOSTUM	P	P	P	P	A	P	P	A
2004130002	RIYA SHARMA	P	A	A	A	P	A	P	P
2004130003	TANYA SINGH	P	P	P	P	P	P	P	P
2004130006	HARSH RAJ	P	P	A	A	P	P	P	P
2004130007	TANISHA DHULL	P	P	P	P	A	P	P	A
2004130008	TWINKLE	P	P	P	P	P	P	P	P
2004130009	NAVNEET JHA	P	A	P	P	P	P	P	P
2004130009	NAVNEET JHA	P	P	A	P	P	P	P	P
2008790008	RICHU MURUKESH	A	P	P	P	P	P	P	P
2008790009	KAMAL	P	A	P	P	A	P	P	A
2008790010	DHRITI SHARMA	P	A	P	P	P	A	P	A
2008790012	STUTI SHARMA	A	P	P	P	P	P	P	P
2008790007	KHUSHI JAIN	P	P	P	A	P	P	P	P
2008790011	NISHITA GUPTA	P	P	P	P	P	P	P	P
2004120002	TARUN KUMAR	P	P	A	P	P	A	P	P
2004120003	NARENDER SINGH	A	P	P	P	P	P	P	P
2004120004	KAVITA KAUSHIK	A	P	P	P	P	P	P	P
2004120005	YOGESH TEWATIYA	P	P	P	P	P	P	P	P
2004120006	JATIN VERMA	A	A	P	P	P	P	P	A
2004120007	AKASH	P	A	P	P	P	P	P	P
2004120008	GYANENDRA ROUT	P	P	P	A	P	P	P	P
2004120009	PUNIT YADAV	A	P	P	P	P	P	P	P
2004120010	PRATEEK VERMA	P	P	P	P	P	P	P	P
2004120011	DEEPANSHU KUMAR	P	P	P	P	P	P	P	P
2004120012	MUSKAN	P	A	P	P	A	P	P	P
2004120013	NAYANSHREE GUPTA	A	P	A	P	P	P	P	P
2004120014	BHUPESH MENDIRATTI	P	P	P	P	P	P	P	P
2004120014	BHUPESH MEHANDIRATTI	A	P	P	P	P	A	P	P
2004120015	ABHAY KUMAR THAKUR	A	P	P	P	P	P	P	P
2004120017	KESHAV KUMAR	P	P	P	A	P	P	P	P
2004120018	SANTOSH SINGH	P	P	P	P	A	P	P	A
2004120019	AJIT YADAV	A	P	P	P	P	A	P	A
2004120021	MAYANK GAUR	P	P	P	P	P	P	P	P
2004120022	SANJAY CHAUHAN	P	P	P	P	A	P	P	A
2004120023	VAIBHAV GANDHI	P	P	P	P	P	P	P	P
2004120024	ABHINAV BADLIA	A	P	P	P	P	P	P	P

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COURSE INCHARGE

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VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC052
COURSE TITLE: PANCHKOSH FOR HOLISTIC LIVING

ROLL NO	NAME	6-Mar-21	12-Mar-21	14-Mar-21	15-Mar-21	18-Mar-21	19-Mar-21	TOTAL	Present	%
2004130001	ROOSTUM	P	P	A	P	P	P	35	27	77.14
2004130002	RIYA SHARMA	P	P	P	A	P	P	35	29	82.86
2004130003	TANYA SINGH	A	P	P	A	P	A	35	32	91.43
2004130006	HARSH RAJ	P	P	P	P	P	A	35	28	80.00
2004130007	TANISHA DHULL	P	P	P	A	P	P	35	31	88.57
2004130008	TWINKLE	P	P	P	P	A	P	35	29	82.86
2004130009	NAVNEET JHA	P	P	A	P	P	P	35	30	85.71
2004130009	NAVNEET JHA	P	P	P	P	A	P	35	28	80.00
2008790018	RICHU MURKESH	P	A	P	P	P	P	35	28	80.00
2008790009	KAMAL	P	P	P	P	P	P	35	27	77.14
2008790010	DHRTI SHARMA	P	P	P	A	P	P	35	30	85.71
2008790012	STUTI SHARMA	A	P	P	A	P	P	35	32	91.43
2008790007	KHUSHI JAIN	P	P	P	A	P	P	35	29	82.86
2008790011	NISHITHA GUPTA	P	A	P	A	P	P	35	32	91.43
2004120002	TARUN KUMAR	P	P	P	A	P	P	35	31	88.57
2004120003	NARENDER SINGH	P	P	A	A	P	P	35	30	85.71
2004120004	KAVITA KAUSHIK	P	P	P	A	P	P	35	31	88.57
2004120005	YOGESH TEWATIYA	P	A	P	A	P	P	35	31	88.57
2004120006	JATIN VERMA	P	P	P	A	P	P	35	28	80.00
2004120007	AKASH	P	A	A	P	P	P	35	30	85.71
2004120008	GYANENDRA ROUT	A	P	P	P	A	P	35	32	91.43
2004120009	PUNIT YADAV	P	P	P	P	P	P	35	31	88.57
2004120010	PRATEEK VERMA	P	P	P	P	P	A	35	31	88.57
2004120011	DEEPANSHU KUMAR	P	P	P	P	A	P	35	28	80.00
2004120012	MUSKAN	P	P	A	P	A	P	35	29	82.86
2004120013	NAYANSHREE GUPTA	A	P	P	P	A	P	35	26	74.29
2004120014	BHUPESH MENDIRATTA	P	A	P	P	P	P	35	30	85.71
2004120014	BHUPESH MEHANDIRATTA	P	P	P	A	P	P	35	27	77.14
2004120015	ABHAY KUMAR THAKUR	P	A	P	P	A	P	35	27	77.14
2004120017	KESHAV KUMAR	P	P	P	P	A	P	35	27	77.14
2004120018	SANTOSH SINGH	P	P	P	P	P	P	35	28	80.00
2004120019	AJIT YADAV	P	P	P	A	P	P	35	31	88.57
2004120021	MAYANK GAUR	P	A	P	A	A	P	35	30	85.71
2004120022	SANJAY CHAUHAN	P	A	P	A	P	A	35	28	80.00
2004120023	VAIBHAV GANDHI	P	P	P	A	P	P	35	31	88.57
2004120024	ABHINAV BADLIA	P	A	P	P	A	P	35	29	82.86
								35	31	88.57

[Signature]

Registrar
K.R. Mangalam University
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Sohna road, Gurugram

COURSE INCHARGE



VALUE ADDED COURSE (VAC)
ACADEMIC YEAR 2020-21
COURSE CODE: VAC052
COURSE TITLE: PANCHKOSH FOR HOLISTIC LIVING
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	2020-21	2004130001	ROOSTUM	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
2	2020-21	2004130002	RIYA SHARMA	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
3	2020-21	2004130003	TANYA SINGH	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
4	2020-21	2004130006	HARSH RAJ	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
5	2020-21	2004130007	TANISHA DHULL	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
6	2020-21	2004130008	TWINKLE	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
7	2020-21	2004130009	NAVNEET JHA	BPT	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
8	2020-21	2008790008	RICHU MURUKESH	B.A. (H) Psychology	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
9	2020-21	2008790009	KAMAL	B.A. (H) Psychology	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF HUMANITIES (SOHS)
10	2020-21	2008790010	DHRITI SHARMA	B.A. (H) Psychology	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF HUMANITIES (SOHS)
11	2020-21	2008790012	STUTI SHARMA	B.A. (H) Psychology	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF HUMANITIES (SOHS)
12	2020-21	2008790007	KHUSHI JAIN	B.A. (H) Psychology	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF HUMANITIES (SOHS)
13	2020-21	2008790011	NISHITHA GUPTA	B.A. (H) Psychology	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF HUMANITIES (SOHS)
14	2020-21	2004120002	TARUN KUMAR	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF HUMANITIES (SOHS)
15	2020-21	2004120003	NARENDER SINGH	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
16	2020-21	2004120004	KAVITA KAUSHIK	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
17	2020-21	2004120005	YOGESH TEWATY	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
18	2020-21	2004120006	JATIN VERMA	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
19	2020-21	2004120007	AKASH	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
20	2020-21	2004120008	GVANENDRA ROU	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
21	2020-21	2004120009	PUNIT YADAV	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
22	2020-21	2004120010	PRATEEK VERMA	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
23	2020-21	2004120011	DEEPAKSHU KUM	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
24	2020-21	2004120012	MUSKAN	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
25	2020-21	2004120013	NAYANSHREE GUPT	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
26	2020-21	2004120014	BHUPESH MENDIR	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
27	2020-21	2004120015	ABHAY KUMAR TH	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
28	2020-21	2004120017	KESHAV KUMAR	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
29	2020-21	2004120018	SANTOSH SINGH	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
30	2020-21	2004120019	AJIT YADAV	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
31	2020-21	2004120021	MAYANK GAUR	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
32	2020-21	2004120022	SANJAY CHAUHAN	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
33	2020-21	2004120023	VAIBHAV GANDHI	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)
34	2020-21	2004120024	ABHINAV BADLIA	B.Pharm	Semester II	VAC052	PANCHKOSH FOR HOLISTIC LIVING	SCHOOL OF MEDICAL AND APPLIED SCIENCES (SMAS)

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This is to certify that **ROOSTUM**, University Enrolment No **2004130001** of **BPT** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **RIYA SHARMA**, University Enrolment No **2004130002** of **BPT** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **TANISHA DHULL**, University Enrolment No **2004130007** of **BPT** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **TWINKLE**, University Enrolment No **2004130008** of **BPT** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **NAVNEET JHA**, University Enrolment No **2004130009** of **BPT** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **RICHU MURUKESH**, University Enrolment No **2008790008** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **KAMAL**, University Enrolment No **2008790009** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **DHRITI SHARMA**, University Enrolment No **2008790010** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **STUTI SHARMA**, University Enrolment No **2008790012** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **KHUSHI JAIN**, University Enrolment No **2008790007** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **NISHTHA GUPTA**, University Enrolment No **2008790011** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC052** (Panchkosh for Holistic Living) during Academic Session **2020-21** (Even Semester).

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This is to certify that **TARUN KUMAR**, University Enrolment No **2004120002** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **NARENDER SINGH**, University Enrolment No **2004120003** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **KAVITA KAUSHIK**, University Enrolment No **2004120004** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **YOGESH TEWATIYA**, University Enrolment No **2004120005** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **JATIN VERMA**, University Enrolment No **2004120006** of **B.Pharma** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **AKASH**, University Enrolment No **2004120007** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **GYANENDRA ROUT**, University Enrolment No **2004120008** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **PUNIT YADAV**, University Enrolment No **2004120009** of **B.Pharma** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **PRATEEK VERMA**, University Enrolment No **2004120010** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (Panchkosh for Holistic Living) during Academic Session **2020-21** (Even Semester).

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This is to certify that **DEEPANSHU KUMAR**, University Enrolment No **2004120011** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **MUSKAN**, University Enrolment No **2004120012** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **NAYANSHREE GUPTA**, University Enrolment No **2004120013** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **BHUPESH MENDIRATTA**, University Enrolment No **2004120014** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **ABHAY KUMAR THAKUR**, University Enrolment No **2004120015** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **KESHAV KUMAR**, University Enrolment No **2004120017** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **SANTOSH SINGH**, University Enrolment No **2004120018** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **AJIT YADAV**, University Enrolment No **2004120019** of **B.Pharma** programme has successfully qualified **VALUE ADDED COURSE VAC052 (Panchkosh for Holistic Living)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **MAYANK GAUR**, University Enrolment No **2004120021** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (Panchkosh for Holistic Living) during Academic Session **2020-21** (Even Semester).

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This is to certify that **SANJAY CHAUHAN**, University Enrolment No **2004120022** of **B.Pharma** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **VAIBHAV GANDHI**, University Enrolment No **2004120023** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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This is to certify that **ABHINAV BADLIA**, University Enrolment No **2004120024** of **B.Pharm** programme has successfully qualified **VALUE ADDED COURSE VAC052** (**Panchkosh for Holistic Living**) during Academic Session **2020-21** (**Even Semester**).

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