

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

VAC062	MINDFULNESS AND WELLBEING
Contact Hours	30 Hours
Prerequisite	Nil

Course Description

This course on Mindfulness and Wellbeing is designed to provide participants with the knowledge and practical skills to cultivate mindfulness, reduce stress, and enhance overall wellbeing. Mindfulness practices will be explored, and their applications in various aspects of life, from personal to professional, will be discussed. Participants will learn to live more intentionally, manage stress, and nurture their mental and emotional health.

Course Objectives

The student will be able to:

- Understand the concept of mindfulness and its relevance to wellbeing.
- Develop mindfulness skills and practices for stress reduction.
- Explore the physical, mental, and emotional benefits of mindfulness.
- Apply mindfulness techniques in daily life, including personal and professional contexts.
- Cultivate self-awareness and emotional intelligence through mindfulness.
- Foster resilience and coping strategies for challenging situations.
- Promote overall wellbeing and life satisfaction.

Course Outcomes

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



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- Course Content**
- CO1: Define mindfulness and its significance for personal and professional wellbeing.
 - CO2: Utilize mindfulness techniques for stress reduction and enhanced focus.
 - CO3: Describe the physical, mental, and emotional benefits of mindfulness.
 - CO4: Apply mindfulness practices in various life domains.
 - CO5: Enhance self-awareness and emotional intelligence through mindfulness.
 - CO6: Develop resilience and coping strategies for managing stress and challenges.
 - CO7: Improve overall wellbeing and life satisfaction.

Module 1: Introduction to Mindfulness

2 hours

- What Is Mindfulness?
- Historical and Cultural Roots
- Mindfulness and Contemporary Wellbeing
- Ethical Considerations in Mindfulness

Module 2: Mindfulness Practices

4 hours

- Mindful Breathing and Body Scans
- Loving-Kindness Meditation
- Mindful Walking and Eating
- Mindful Journaling and Gratitude Practices

Module 3: Mindfulness Benefits

4 hours

- Stress Reduction and Relaxation
- Improved Focus and Concentration
- Emotional Regulation and Self-Awareness
- Enhancing Relationships and Communication

Module 4: Mindfulness in Daily Life

5 hours

- Mindful Communication and Active Listening
- Mindful Eating and Nutrition
- Mindfulness at Work and in Professional Settings
- Mindfulness in Parenting and Relationships

Module 5: Emotional Intelligence and Resilience

4 hours

- Developing Emotional Awareness
- Emotional Regulation and Empathy
- Coping with Stress and Adversity
- Building Resilience Through Mindfulness

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Module 6: Promoting Wellbeing

4 hours

- The Role of Mindfulness in Overall Wellbeing
- Creating a Personal Wellbeing Plan
- Life Satisfaction and Mindful Living
- Cultivating a Mindful Community

Module 7: Practicum and Application

7 hours

- Mindfulness Practice Sessions
- Reflective Journaling and Self-Assessment
- Group Discussions on Mindfulness Applications
- Development of Personal Wellbeing Plans

Practicum

The course includes a practicum where participants engage in mindfulness practice sessions, reflective journaling, group discussions, and the development of personal wellbeing plans, allowing them to apply mindfulness to their daily lives.

Textbooks

1. Kabat-Zinn, J. (1990). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Delta.
2. Salzberg, S. (1995). *Lovingkindness: The Revolutionary Art of Happiness*. Shambhala.
3. Harris, D. (2014). *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works. It's True, HarperOne*.
4. Goleman, D. (1996). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam.
5. Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2018). *Mindfulness-Based Cognitive Therapy for Depression* (2nd ed.). The Guilford Press.

Reference Books

1. Chödrön, P. (2002). *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. Shambhala.
2. Ricard, M., & Singer, P. (2017). *Beyond the Self: Conversations between Buddhism and Neuroscience*. The MIT Press.



Ref.No.: KRMU/Admin./Notice/2020-21/2167(C) Dated: 08th December, 2020

NOTICE

This is to put for information that School of Humanities 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
VAC049	Ethics and Culture	SOHS	30 Hrs.
VAC051	Positive Psychology and Work Life	SOHS	30 Hrs.
VAC053	Psychological First Aid	SOHS	30 Hrs.
VAC058	The Art of Storytelling	SOHS	30 Hrs.
VAC062	Mindfulness and Wellbeing	SOHS	30 Hrs.
VAC064	Creative Writing	SOHS	30 Hrs.
VAC106	Indian Constitution	SOHS	30 Hrs.

a) Maximum 100 seats are available for the course.

b) Course Start Date: 02 January 2021

c) Course End Date: 19 March 2021

All interested students are required to confirm their registration with the Dean-School of Humanities latest by 21st December, 2020

[Signature]
Registrar

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 :

[Signature]

Registrar

K.R. Mangalam University

Sohna Road, Gurgaon (Haryana)



VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC062
COURSE TITLE: MINDFULNESS AND WELLBEING

ROLL NO	NAME	PROGRAMME	SEMESTER	2-Jan-21	3-Jan-21	4-Jan-21	7-Jan-21	9-Jan-21	10-Jan-21	11-Jan-21
1808190001	PRITHA CHAKRABORTY	B.A. (H) Economics	Semester VI	A	P	P	P	P	P	P
1808190002	SARIKA KUMARI	B.A. (H) Economics	Semester VI	P	P	P	P	P	P	P
1808180001	AMARTYA DUTTA	B.A. (H) English	Semester VI	A	P	P	P	P	P	P
1808180002	ANTARA NAHA	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180003	DEVIKA VASISTH	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180004	DISHA BHASKAR	B.A. (H) English	Semester VI	A	P	A	P	P	P	A
1808180008	MALVIKA SAXENA	B.A. (H) English	Semester VI	A	P	P	P	P	P	P
1808180009	MANISH YADAV	B.A. (H) English	Semester VI	A	A	P	P	P	P	P
1808180010	NIKITA GUPTA	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180011	PALAK BHALLA	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180012	PRACHI PATHAK	B.A. (H) English	Semester VI	A	P	P	P	A	P	P
1808180013	PREETI BHARDWAJ	B.A. (H) English	Semester VI	A	A	A	P	P	P	P
1808180013	PREETI BHARDWAJ	B.A. (H) English	Semester VI	P	P	A	P	A	P	P
1808180014	PRINCE BANSAL	B.A. (H) English	Semester VI	P	A	P	P	A	P	P
1808180015	ROBIN PAUL	B.A. (H) English	Semester VI	A	P	A	A	A	P	P
1808180016	RUMJHUM CHOUDHARY	B.A. (H) English	Semester VI	P	P	P	P	A	P	P
1808180017	SAURABH PARASHAR	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180018	SHAILZA GAUTAM	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180019	SHIVAM BHADANA	B.A. (H) English	Semester VI	A	P	P	P	A	A	P
1808180020	SUJATA RAO	B.A. (H) English	Semester VI	A	P	P	P	P	P	P
1808180021	VARUN KUMAR CHAUDHARY	B.A. (H) English	Semester VI	A	P	P	P	P	P	P
1808180022	VASU DANDONA	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180023	VIDYANTIKA JHA	B.A. (H) English	Semester VI	A	P	P	P	P	P	P
1808180024	SANJANA SAREEN	B.A. (H) English	Semester VI	P	A	A	P	P	P	P
1808180026	KRITIKA KUMAR	B.A. (H) English	Semester VI	A	A	P	P	A	P	P
1808180027	ABHISHEK YADAV	B.A. (H) English	Semester VI	P	A	P	P	A	P	P
1808180028	VARNIKA KATARIA	B.A. (H) English	Semester VI	A	P	A	A	A	P	P
1808180029	ANKITA YADAV	B.A. (H) English	Semester VI	A	P	P	P	P	P	P
1808180030	SUBHAM YADAV	B.A. (H) English	Semester VI	P	P	P	P	P	P	P
1808180031	AMIT	B.A. (H) English	Semester VI	A	P	A	P	P	P	P
1808180032	MEGHA BHATIA	B.A. (H) English	Semester VI	P	A	P	P	A	P	P
1808180033	SAGAR SINGH LOHIA	B.A. (H) English	Semester VI	A	P	A	A	A	P	P
1808180034	VIKASH S	B.A. (H) English	Semester VI	P	P	P	P	A	P	P
1808180035	ILYAS POPAL SWAIDA	B.A. (H) English	Semester VI	A	A	A	P	P	P	P

Registrar

DEAN - SOHS

COURSE INCHARGE

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

K.R. Mangalam University
Gurgaon Road, Gurugram, Haryana-122002



ALL ENROLLMENT SHEET
VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC062
COURSE TITLE: MINDFULNESS AND WELLBEING

ROLL NO	NAME	14-Jan-21	15-Jan-21	16-Jan-21	18-Jan-21	21-Jan-21	24-Jan-21	28-Jan-21	30-Jan-21	1-Feb-21	4-Feb-21	5-Feb-21
1808190001	PRITHA CHAKRABORTY	P	P	P	A	P	P	A	P	P	P	A
1808190002	SARIKA KUMARI	P	P	P	A	P	P	A	P	P	P	P
1808180001	AMARTYA DUTTA	P	P	P	P	A	P	P	P	P	P	P
1808180002	ANTARA NAHA	P	P	A	P	P	P	P	P	A	P	A
1808180003	DEVIKA VASISTH	P	A	P	P	P	A	P	P	P	A	P
1808180004	DISHA BHASKAR	P	A	P	P	P	P	P	P	P	P	P
1808180008	MALVIKA SAXENA	P	P	P	A	P	A	P	P	P	A	P
1808180009	MANISH YADAV	P	P	P	P	P	P	P	P	P	P	A
1808180010	NIKITA GUPTA	P	P	P	P	P	P	P	P	P	P	P
1808180011	PALAK BHALLA	P	P	P	A	P	A	P	P	P	P	A
1808180012	PRACHI PATHAK	P	P	P	P	P	P	P	P	P	P	P
1808180013	PREETI BHARDWAJ	P	P	P	A	P	P	P	A	P	P	P
1808180013	PREETI BHARDWAJ	P	A	P	P	P	P	P	P	P	P	P
1808180014	PRINCE BANSAL	P	A	P	P	P	P	A	P	P	P	A
1808180015	ROBIN PAUL	P	P	P	P	A	P	P	P	P	P	P
1808180016	RUMJHUM CHOUDHARY	P	P	P	A	P	A	P	P	P	A	P
1808180017	SAURABH PARASHAR	P	P	P	P	P	P	P	P	P	P	A
1808180018	SHAILZA GAUTAM	P	P	P	P	P	P	P	P	P	P	P
1808180019	SHIVAM BHADANA	P	P	P	A	P	A	P	P	P	A	P
1808180020	SUJATA RAO	P	P	P	P	P	P	P	P	P	P	A
1808180021	VARUN KUMAR CHAUDHARY	A	P	P	P	P	P	P	P	P	P	P
1808180022	VASU DANDONA	P	P	P	A	P	A	P	P	P	P	A
1808180023	VIDYANTIKA JHA	P	P	P	P	P	P	P	P	P	P	P
1808180024	SANJANA SAREEN	P	P	P	A	P	P	P	A	P	P	P
1808180026	KRITIKA KUMAR	P	A	P	P	P	P	P	P	P	P	P
1808180027	ABHISHEK YADAV	P	A	P	P	P	P	A	P	P	P	A
1808180028	VARNIKA KATARIA	P	P	P	P	A	P	P	P	P	P	P
1808180029	ANKITA YADAV	P	P	P	A	P	A	P	P	P	A	P
1808180030	SUBHAM YADAV	P	P	P	P	P	P	P	P	P	P	A
1808180031	AMIT	P	P	P	P	P	P	P	P	P	P	P
1808180032	MEGHA BHATTIA	P	A	P	P	P	P	A	P	P	P	A
1808180033	SAGAR SINGH LOHIA	P	P	P	P	A	P	P	P	P	P	P
1808180034	VIKASH S	P	P	P	P	P	A	P	P	P	A	P
1808180035	ILYAS POPAL SWAIDA	P	P	P	P	P	P	P	P	P	P	A

COURSE COORDINATOR

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

DEAN - SOHS
K R Mangalam University



VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC062
COURSE TITLE: MINDFULNESS AND WELLBEING

ROLL NO	NAME	6-Feb-21	7-Feb-21	8-Feb-21	11-Feb-21	12-Feb-21	14-Feb-21	15-Feb-21	19-Feb-21	22-Feb-21	25-Feb-21	1-Mar-21
1808190001	PRITHA CHAKRABORTY	P	P	A	P	P	A	P	P	P	P	P
1808190002	SARIKA KUMARI	P	A	P	P	P	P	P	A	P	P	A
1808180001	AMARTYA DUTTA	P	P	P	P	P	A	A	A	P	P	P
1808180002	ANTARA NAHA	P	A	P	A	P	P	P	P	P	P	P
1808180003	DEVIKA VASISTH	P	P	P	A	P	P	P	P	A	P	A
1808180004	DISHA BHASKAR	A	P	P	P	P	P	P	P	P	P	P
1808180008	MALVIKA SAXENA	P	P	P	P	P	P	P	P	P	P	P
1808180009	MANISH YADAV	P	P	P	P	A	A	A	P	P	P	P
1808180010	NIKITA GUPTA	P	P	P	A	P	P	P	P	P	P	P
1808180011	PALAK BHALLA	P	P	A	P	P	A	A	P	P	P	P
1808180012	PRACHI PATHAK	P	A	P	P	P	P	P	P	P	P	A
1808180013	PREETI BHARDWAJ	P	P	A	P	P	P	P	P	P	P	P
1808180013	PREETI BHARDWAJ	P	P	A	P	P	P	P	P	P	P	P
1808180014	PRINCE BANSAL	P	P	P	A	P	P	P	P	P	P	P
1808180015	ROBIN PAUL	P	P	P	A	P	P	A	P	P	P	P
1808180016	RUMJHUM CHOUDHARY	P	A	P	A	P	P	A	P	P	P	P
1808180017	SAURABH PARASHAR	P	P	P	P	A	P	P	P	A	A	A
1808180018	SHAILZA GAUTAM	P	P	P	A	P	P	P	P	P	P	P
1808180019	SHIVAM BHADANA	P	A	P	P	P	P	P	P	P	P	P
1808180020	SUJATA RAO	P	P	P	P	A	A	A	P	P	P	P
1808180021	VARUN KUMAR CHAUDHARY	P	P	P	A	P	P	P	P	P	P	P
1808180022	VASU DANDONA	P	P	A	P	P	A	A	P	P	P	P
1808180023	VIDYANTIKA JHA	P	A	P	P	P	P	P	P	P	P	A
1808180024	SANJANA SAREEN	P	P	A	P	P	P	P	P	P	P	A
1808180026	KRITIKA KUMAR	P	P	A	P	P	P	P	P	P	P	P
1808180027	ABHISHEK YADAV	P	P	P	A	P	P	P	P	P	P	P
1808180028	VARNIKA KATARIA	P	P	A	P	P	P	A	P	P	P	P
1808180029	ANKITA YADAV	P	A	P	P	P	P	P	A	P	P	P
1808180030	SUBHAM YADAV	P	P	P	P	A	P	P	P	P	P	A
1808180031	AMIT	P	P	P	A	P	P	P	P	P	P	A
1808180032	MEGHA BHATIA	P	P	P	A	P	P	P	P	P	P	P
1808180033	SAGAR SINGH LOHIA	P	P	P	A	P	P	A	P	P	P	P
1808180034	VIKASH S	P	A	P	P	A	P	A	P	P	P	A
1808180035	ILYAS POPAL SWAIDA	P	P	P	P	A	P	P	P	P	P	A

COURSE INCHARGE

Kamran

Registrar

K.R. Mangalam University
Sohna Road, Gurgaon

DEAN - SOHS

K.R. Mangalam University
Sohna Road, Gurgaon



VAC COURSE FOR ACADEMIC YEAR 2020-21
COURSE CODE: VAC062
COURSE TITLE: MINDFULNESS AND WELLBEING

ROLL NO	NAME	6-Mar-21	12-Mar-21	14-Mar-21	15-Mar-21	18-Mar-21	19-Mar-21	TOTAL	Present	Percentage
1808190001	PRITHA CHAKRABORTY	P	P	P	P	P	A	35	28	80.00
1808190002	SARIKA KUMARI	P	P	P	A	P	P	35	29	82.86
1808180001	AMARTYA DUTTA	A	A	P	P	P	P	35	27	77.14
1808180002	ANTARA NAHA	P	P	P	P	P	P	35	30	85.71
1808180003	DÉVIKA VASISTH	P	P	P	A	P	P	35	27	77.14
1808180004	DISHA BHASKAR	P	P	P	P	P	P	35	31	88.57
1808180008	MALVIKA SAXENA	P	P	P	P	P	P	35	29	82.86
1808180009	MANISH YADAV	P	P	P	A	P	P	35	27	77.14
1808180010	NIKITA GUPTA	A	P	P	A	P	A	35	31	88.57
1808180011	PALAK BHALLA	P	P	P	P	P	A	35	27	77.14
1808180012	PRACHI PATHAK	P	P	P	A	P	P	35	29	82.86
1808180013	PREETI BHARDWAJ	P	P	P	P	A	P	35	28	80.00
1808180013	PREETI BHARDWAJ	P	A	P	P	A	A	35	28	80.00
1808180014	PRINCE BANSAL	P	P	P	A	P	P	35	27	77.14
1808180015	ROBIN PAUL	P	P	P	P	P	P	35	27	77.14
1808180016	RUMJHUM CHOUDHARY	P	P	P	P	P	P	35	27	77.14
1808180017	SAURABH PARASHAR	P	P	P	A	P	P	35	29	82.86
1808180018	SHAILZA GAUTAM	A	P	P	A	P	A	35	30	85.71
1808180019	SHIVAM BHADANA	P	P	P	P	P	P	35	27	77.14
1808180020	SUJATA RAO	P	P	P	A	P	P	35	28	80.00
1808180021	VARUN KUMAR CHAUDHARY	A	P	P	A	P	A	35	29	82.86
1808180022	VASU DANDONA	P	P	P	P	P	A	35	27	77.14
1808180023	VIDYANTIKA JHA	P	P	P	A	P	P	35	30	85.71
1808180024	SANJANA SAREEN	P	P	P	P	A	P	35	29	82.86
1808180026	KRITIKA KUMAR	P	A	P	P	P	A	35	28	80.00
1808180027	ABHISHEK YADAV	P	P	P	A	P	P	35	27	77.14
1808180028	VARNIKA KATARIA	P	P	P	A	P	P	35	27	77.14
1808180029	ANKITA YADAV	P	P	P	P	P	P	35	27	77.14
1808180030	SUBHAM YADAV	P	P	P	A	A	A	35	28	80.00
1808180031	AMIT	A	A	A	A	P	A	35	27	77.14
1808180032	MEGHA BHATIA	P	P	P	A	P	P	35	27	77.14
1808180033	SAGAR SINGH LOHIA	P	P	P	P	P	P	35	28	80.00
1808180034	VIKASH S	P	P	P	P	P	P	35	27	77.14
1808180035	ILYAS POPAL SWAIDA	P	P	P	P	P	P	35	30	85.71

COURSE INCHARGE

Registrar

DEAN - SOHS

K.R. Mangalam University

Sohna Road, Gurugram

Sohna Road, Gurugram, Haryana-122103



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

VALUE ADDED COURSE (VAC)

ACADEMIC YEAR 2020-21

COURSE CODE: VAC062

COURSE TITLE: MINDFULNESS AND WELLBEING
COURSE OFFERED BY: SCHOOL OF HUMANITIES (SOHS)
LIST OF STUDENTS COMPLETING THE COURSE

S.NO	SESSION	ROLL NO	NAME	PROGRAMME	SEMESTER	COURSE	COURSE TITLE	SCHOOL
1	2020-21	1808190001	PRITHA CHAKRABORTY	B.A. (H) Economics	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
2	2020-21	1808190002	SARIKA KUMARI	B.A. (H) Economics	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
3	2020-21	1808180001	AMARTYA DUTTA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
4	2020-21	1808180002	ANTARA NAHA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
5	2020-21	1808180003	DEVIKA VASISTH	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
6	2020-21	1808180004	DISHA BHASKAR	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
7	2020-21	1808180008	MAUVIKA SAXENA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
8	2020-21	1808180009	MANISH YADAV	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
9	2020-21	1808180010	NIKITA GUPTA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
10	2020-21	1808180011	PALAK BHALLA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
11	2020-21	1808180012	PRACHI PATHAK	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
12	2020-21	1808180013	PREETI BHARDWAJ	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
13	2020-21	1808180014	PRINCE BANSAL	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
14	2020-21	1808180015	ROBIN PAUL	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
15	2020-21	1808180016	RUMJHUM CHOUDHARY	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
16	2020-21	1808180017	SAURABH PARASHAR	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
17	2020-21	1808180018	SHAILZA GAUTAM	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
18	2020-21	1808180019	SHIVAM BHADANA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
19	2020-21	1808180020	SUJATA RAO	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
20	2020-21	1808180021	VARUN KUMAR CHAUD	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
21	2020-21	1808180022	VASU DANDONA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
22	2020-21	1808180023	VIDYANTIKA JHA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
23	2020-21	1808180024	SANJANA SAREEN	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
24	2020-21	1808180026	KRITIKA KUMAR	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
25	2020-21	1808180027	ABHISHEK YADAV	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
26	2020-21	1808180028	VARNIKA KATARIA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
27	2020-21	1808180029	ANKITA YADAV	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
28	2020-21	1808180030	SUBHAM YADAV	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
29	2020-21	1808180031	AMIT	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
30	2020-21	1808180032	MEGHA BHATTIA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
31	2020-21	1808180033	SAGAR SINGH LOHIA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
32	2020-21	1808180034	VIKASH S	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)
33	2020-21	1808180035	ILYAS POPAL SWAIDA	B.A. (H) English	Semester VI	VAC062	MINDFULNESS AND WELLBEING	SCHOOL OF HUMANITIES (SOHS)

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This is to certify that **PRITHA CHAKRABORTY**, University Enrolment No **1808190001** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing)** during Academic Session 2020-21 (Even Semester).

Date 23.08.2021

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Pradipam

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This is to certify that **SARIKA KUMARI**, University Enrolment No **1808190002** of **B.A.**
(H) Economics programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session **2020-21** (Even Semester).

hmadajam

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This is to certify that **AMARTYA DUTTA**, University Enrolment No **1808180001** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **ANTARA NAHA**, University Enrolment No **1808180002** of **B.A. (H)**
English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session **2020-21 (Even Semester)**.

Aradhana

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This is to certify that **DEVIKA VASISTH**, University Enrolment No **1808180003** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **DISHA BHASKAR**, University Enrolment No **1808180004** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session **2020-21** (Even Semester).

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This is to certify that **MAALVIKA SAXENA**, University Enrolment No **1808180008** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

Maalvi

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This is to certify that **MANISH YADAV**, University Enrolment No **1808180009** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (**Mindfulness and Wellbeing**) during Academic Session 2020-21 (Even Semester).

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This is to certify that **NIKITA GUPTA**, University Enrolment No **1808180010** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **PALAK BHALLA**, University Enrolment No **1808180011** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **PRACHI PATHAK**, University Enrolment No **1808180012** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **PREETI BHARDWAJ**, University Enrolment No 1808180013 of **B.A. (H) English** programme has successfully qualified **VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing)** during Academic Session 2020-21 (Even Semester).

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This is to certify that **PRINCE BANSAL**, University Enrolment No **1808180014** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session **2020-21** (Even Semester).

Prabha

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This is to certify that **ROBIN PAUL**, University Enrolment No **1808180015** of **B.A. (H)**
English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

Date 23.08.2021

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This is to certify that **RUMJHUM CHOUDHARY**, University Enrolment No **1808180016** of **B.A. (H) English** programme has successfully qualified **VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing)** during Academic Session **2020-21 (Even Semester)**.

Date **23.08.2021**

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This is to certify that SAURABH PARASHAR, University Enrolment No 1808180017 of B.A. (H) English programme has successfully qualified VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **SHAILZA GAUTAM**, University Enrolment No **1808180018** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **SHIVAM BHADANA**, University Enrolment No **1808180019** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

Shivam

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This is to certify that **SUJATA RAO**, University Enrolment No **1808180020** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (**Mindfulness and Wellbeing**) during Academic Session 2020-21 (Even Semester).

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This is to certify that VARUN KUMAR CHAUDHARY, University Enrolment No 1808180021 of B.A. (H) English programme has successfully qualified VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **VASU DANDONA**, University Enrolment No **1808180022** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (**Mindfulness and Wellbeing**) during Academic Session 2020-21 (Even Semester).

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This is to certify that **VIDYANTIKA JHA**, University Enrolment No **1808180023** of **B.A.**
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This is to certify that **SANJANA SAREEN**, University Enrolment No **1808180024** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **KRITIKA KUMAR**, University Enrolment No 1808180026 of B.A.
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This is to certify that **ABHISHEK YADAV**, University Enrolment No **1808180027** of **B.A.**
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(Mindfulness and Wellbeing) during Academic Session **2020-21 (Even Semester)**.

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This is to certify that **VARNIKA KATARIA**, University Enrolment No 1808180028 of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
(Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

Date 23.08.2021

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This is to certify that **ANKITA YADAV**, University Enrolment No **1808180029** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

Date 23.08.2021

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This is to certify that **SUBHAM YADAV**, University Enrolment No **1808180030** of **B.A.**
(H) English programme has successfully qualified **VALUE ADDED COURSE VAC062**
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This is to certify that AMIT, University Enrolment No 1808180031 of B.A. (H) English programme has successfully qualified VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **MEGHA BHATIA**, University Enrolment No **1808180032** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **SAGAR SINGH LOHIA**, University Enrolment No **1808180033** of **B.A. (H) English** programme has successfully qualified **VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing)** during Academic Session 2020-21 (Even Semester).

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This is to certify that **VIKASH S**, University Enrolment No **1808180034** of **B.A. (H)** English programme has successfully qualified **VALUE ADDED COURSE VAC062** (Mindfulness and Wellbeing) during Academic Session 2020-21 (Even Semester).

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This is to certify that **ILYAS POPAL SWAIDA**, University Enrolment No **1808180035** of **B.A. (H) English** programme has successfully qualified **VALUE ADDED COURSE VAC062 (Mindfulness and Wellbeing)** during Academic Session 2020-21 (Even Semester).

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