



HINDU KANYA MAHAVIDYALAYA, JIND
Affiliated to C. R. S. University, Jind



A
Report
on
Value Added Course
on
Health and Nutrition

Dr. Seema Dalal
Course Coordinator

Dr. Geeta Gupta
Convenor, VAC

Dr. Punam Kajal
Principal

Report

Name of the Course	Health and Nutrition
Date of Course	19 October 2023 – 7 December 2023
Duration	32 Hours
No. of Students Enrolled in the Course	52
No. of Students Completed the Course	52
Learning Outcomes of the Course	<p>Upon completion of this course, the students will be able:</p> <ol style="list-style-type: none">1. To appreciate the importance of balanced diet.2. To understand the food and nutritional requirements of adults.3. To understand the role of nutrition in weight management, diabetes and cardio vascular disease.

Notice

NOTICE

Notice No.: 200782

Date: 10.10.2023

All the students of UG/PG programs of the college are informed that for overall development of students, 10 Value Added Courses of 32 hours each are going to be introduced from 19th October 2023. After the completion of the course there will be an exam of the course. Those students who will qualify the exam will be awarded certificates. The students who are interested to get enrolled in these Value-Added Courses are required to ✓ against their selected course in registration form up to 14th October 2023.

Sr No.	Name of Value-Added Course	Overall Incharge	Teacher	Time	Room No.
1.	Grammar for Competitive Examinations	Dr. Geeta Gupta	Mrs. Sushila	2:15 pm– 3:15 pm	208
2.	Social Etiquettes	Mrs. Anjali Gupta	Ms. Divya	2:15 pm– 3:15 pm	209
3.	Human Rights	Mrs. Neelam	Dr. Rachna	2:15 pm– 3:15 pm	210
4.	Computer Programming in C	Mrs. Anju	Mrs. Ritu	2:15 pm– 3:15 pm	217
5.	Ecology and Waste Management	Dr. Neelam Rani	Dr. Munni	2:15 pm– 3:15 pm	221
6.	Soft Skills	Dr. Sushma Garg	Ms. Aakanksha	2:15 pm– 3:15 pm	116
7.	History of Haryana for Competitive Examinations	Dr. Rashmi	Mrs. Soni	2:15 pm– 3:15 pm	117
8.	Women and Society in India	Dr. Anshu Sailpar	Mrs. Jyoti	2:15 pm– 3:15 pm	223
9.	Health and Nutrition	Dr. Seema	Mrs. Tanu	2:15 pm– 3:15 pm	222
10.	Skin Care	Mrs. Arti Saini	Mrs. Nitisha	2:15 pm– 3:15 pm	118


10/10/2023
Principal

Hindu Kanya Mahavidyalaya
Jind (Haryana)

Syllabus

**Syllabus
for
Value- Added Course
in
Health and Nutrition
Course Code: HN-2023
Duration: 32 Hours**

**Time: 1 Hour
Max. Marks: 50
Min. Marks: 20**

NOTE: The examiner is required to set twenty- five questions. All Questions are compulsory and carry equal marks.

Learning Outcomes of the Course:

After completion of this course, the students will be able to:

1. To appreciate the importance of balanced diet.
2. To understand the food and nutritional requirements of adults.
3. To understand the role of nutrition in weight management, diabetes and cardio vascular disease.

Unit-I

Introduction to health and nutrition

Explanation of terms- Health, Nutrient requirement, Dietary standards, Recommended Dietary Allowance, Balanced diet Food Groups, Functions of food, Food guides-Food pyramid and Myplate, Food in relation to health

Unit-II

Planning a balanced diet

Principles of planning a diet. Guidelines for planning a balanced diet, Food Exchange list, Steps in planning a diet

Unit-III

Nutritional and Food Requirements of Adults

Reference man and woman - Classification of activities based on occupation-
Nutritional requirements of adults- Importance of functional foods.

Unit- IV

Nutrition and Weight management

Over nutrition-Obesity: Aetiology. Assessment- Body weight, BMI, Waist circumference, Diet therapy- principles of dietetic management and dietary guidelines Under nutrition- Under Weight: Limitations of underweight, Aetiology. Nutritional and food requirement, Dietary guidelines.

Unit- V

Fitness for health

Fitness Types and Components. Role in prevention of disease and health promotion Yoga for fitness, Role of exercise, dance, games and martial arts in Fitnessfitness.

Reference Books:

1. The Atlas of Food by Erik Millstone
2. Dietary Reference Intakes by Jennifer J. Otten
3. Handbook of Nutrition and Food, Third Edition by Carolyn D. Berdanier


Dr. Seema Dalal
(Course Coordinator)


Dr. Geeta Gupta
(Convenor, VAC)


Principal
Hindu Kanya Mahavidyalaya
Jind (Haryana)
Dr. Punam Kajal
(Principal)

Attendance

Attendance Sheet / Signature Chart of students enrolled in
Value Added Course - Health and Nutrition from 19.10.2023 - 30.10.2023

Sr No.	Name	Class	Roll No.	Day 1 19-10-23	Day 2 20-10-2023	Day 3 21-10-23	Day 4 23-10-13	Day 5 25-10-23	Day 6 26-10-23	Day 7 27-10-23	Day 8 30-10-23
1	Umesh	BA Saelyeah	121191200003	Umesh	Umesh	Umesh	Umesh	Umesh	Umesh	Umesh	Umesh
2	Uma	BA Saelyeah	08	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma
3	Baiya	BA Saelyeah	023	Baiya	Baiya	Baiya	Baiya	Baiya	Baiya	Baiya	Baiya
4	Manakshi	BA Saelyeah	028	Manakshi	Manakshi	Manakshi	Manakshi	Manakshi	Manakshi	Manakshi	Manakshi
5	Nishu	BA Saelyeah	33	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu
6	Briti	BA Saelyeah	38	Briti	Briti	Briti	Briti	Briti	Briti	Briti	Briti
7	Neha	BA Saelyeah	43	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
8	Nisraj	BA Saelyeah	48	Nisraj	Nisraj	Nisraj	Nisraj	Nisraj	Nisraj	Nisraj	Nisraj
9	Angali	BA Saelyeah	53	Angali	Angali	Angali	Angali	Angali	Angali	Angali	Angali
10	Narzu	BA Saelyeah	58	Narzu	Narzu	Narzu	Narzu	Narzu	Narzu	Narzu	Narzu
11	Pranoma	BA Saelyeah	63	Pranoma	Pranoma	Pranoma	Pranoma	Pranoma	Pranoma	Pranoma	Pranoma
12	Manisha	BA Saelyeah	83	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
13	Mansi	BA Saelyeah	88	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi
14	Aash	BA Saelyeah	98	Aash	Aash	Aash	Aash	Aash	Aash	Aash	Aash
15	Palak	BA Saelyeah	108	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak
16	Nisha	BA Saelyeah	113	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha
17	Anita	BA Saelyeah	118	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita
18	Amru	BA Saelyeah	123	Amru	Amru	Amru	Amru	Amru	Amru	Amru	Amru
19	Kajal	BA Saelyeah	128	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
20	Shubal	BA Saelyeah	133	Shubal	Shubal	Shubal	Shubal	Shubal	Shubal	Shubal	Shubal
21	Bindu	BA Saelyeah	148	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu
22	Teena	BA Saelyeah	153	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena

Teena
Hindi Kavya Mahavidyalaya
Jhansi (U.P.)

Name & Roll No.	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22
1 Umesh-3	3-11-23 Umesh	4-11-23 Umesh	5-11-23 Umesh	6-11-23 Umesh	7-11-23 Umesh	8-11-23 Umesh	9-11-23 Umesh	17-11-23 Umesh	18-11-23 Umesh	20-11-23 Umesh	21-11-23 Umesh	22-11-23 Umesh	23-11-23 Umesh	
2 Uma-8	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma
3 Banya-23	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya	Banya
4 Minakshi-28	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi	Minakshi
5 Nikhu-33	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu
6 Priya-38	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya	Priya
7 Neha-43	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
8 Nitya-48	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya	Nitya
9 Anjali-53	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
10 Neeraj-58	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj	Neeraj
11 Bhawana-63	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana	Bhawana
12 Manish-68	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish	Manish
13 Harsh-73	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh	Harsh
14 Ansh-78	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh	Ansh
15 Palak-108	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak
16 Nikhu-113	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu	Nikhu
17 Anita-118	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita
18 Annu-123	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu
19 Kajal-128	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
20 Shreeta-133	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta	Shreeta
21 Bindu-148	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu
22 Teena-153	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena

Page No. _____
 Date _____
 School Name _____
 Class _____

Roll No.	Day 23 24.11.23	Day 24 25.11.23	Day 25 28.11.23	Day 26 29.11.23	Day 27 30.11.23	Day 28 1.12.23	Day 29 4.12.23	Day 30 5.12.23	Day 31 6.12.23	Day 32 7.12.23
1	Umesh	Uma	Uma	Uma	Umesh	Umesh	Umesh	Umesh	Umesh	Umesh
2	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma	Uma
3	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya
4	Minal	Minal	Minal	Minal	Minal	Minal	Minal	Minal	Minal	Minal
5	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu	Nishu
6	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya	Pritya
7	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
8	Niraj	Niraj	Niraj	Niraj	Niraj	Niraj	Niraj	Niraj	Niraj	Niraj
9	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
10	Neetu	Neetu	Neetu	Neetu	Neetu	Neetu	Neetu	Neetu	Neetu	Neetu
11	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana
12	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
13	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi	Mansi
14	Aashi	Aashi	Aashi	Aashi	Aashi	Aashi	Aashi	Aashi	Aashi	Aashi
15	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak	Palak
16	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha	Nisha
17	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita	Anita
18	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu	Annu
19	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
20	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya	Shreya
21	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu
22	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena

10/11/23

Principal
Bachchan Education Group
Jind (Haryana)

Sl. No.	Name	Class	Roll No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
23	Gsha	B.A 3rd year	158	19.10.23	20.10.23	21.10.23	23.10.23	25.10.23	26.10.23	27.10.23	30.10.23
24	Ravina	"	163	Gsha	Ravina	Ravina	Ravina	Ravina	Ravina	Gsha	Ravina
25	Sandhya	"	168	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya
26	Sonia	"	178	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia
27	Neha	"	188	Neha	Neha	Neha	Neha	Neha	Neha	Neha	Neha
28	Angeli	"	193	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli
29	Khushboo	"	198	Khushboo	Khushboo	Khushboo	Khushboo	Khushboo	Khushboo	Khushboo	Khushboo
30	Ritu	"	203	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu
31	Manju	"	223	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju
32	Pooja	"	228	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
33	Rakhi	"	238	Rakhi	Rakhi	Rakhi	Rakhi	Rakhi	Rakhi	Rakhi	Rakhi
34	Rishika	"	253	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika
35	Bhavya	"	258	Bhavya	Bhavya	Bhavya	Bhavya	Bhavya	Bhavya	Bhavya	Bhavya
36	Reenu	"	268	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu
37	Teena	"	273	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena
38	Nancy	"	283	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy
39	Sonia	"	293	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia
40	Kajal	"	298	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
41	Amru	"	308	Amru	Amru	Amru	Amru	Amru	Amru	Amru	Amru
42	Garima	"	313	Garima	Garima	Garima	Garima	Garima	Garima	Garima	Garima
43	Pinki	"	333	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki
44	Parul	"	338	Parul	Parul	Parul	Parul	Parul	Parul	Parul	Parul
45	Kalpana	"	343	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana
46	Simran	"	353	Simran	Simran	Simran	Simran	Simran	Simran	Simran	Simran
47	Manju	"	368	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju
48	Ruby	"	373	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby
49	Tarun	"	378	Tarun	Tarun	Tarun	Tarun	Tarun	Tarun	Tarun	Tarun

Prepared by: Manjushree

Date: 10/10/23

Roll No.	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22
	31.10.23	21.11.23	3.11.23	4.11.23	6.11.23	7.11.23	8.11.23	9.11.23	17.11.23	18.11.23	20.11.23	21.11.23	22.11.23	23.11.23
158	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg	gshg
163	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina
168	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya
178	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia
188	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela	Nela
193	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli	Angeli
198	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika	Khusika
203	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu
223	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju
228	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
238	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi	Rabhi
253	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika	Rishika
258	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka	Pujanka
268	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu	Reenu
273	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena	Teena
283	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy	Nancy
293	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia	Sonia
298	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
308	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru	Shru
313	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri	gauri
333	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki	Pinki
338	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul	Pavul
343	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana	Kalpana
353	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah	Simrah
368	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju	Manju
373	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby	Ruby
378	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi	Tammi

Handwritten notes at the bottom right of the page, including a signature and some illegible text.

Roll No.	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	Day 32
23	158	163	168	178	188	193	198	203	223	228
24	238	253	258	268	273	283	293	308	313	333
25	338	343	353	363	373	378				
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49										

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Sr No.	Name	Class	Roll No.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
50	Seema	B.A Balyan	388	19.10.23 Seema	20.10.23 Seema	21.10.23 Seema	23.10.23 Seema	25.10.23 Seema	26.10.23 Seema	27.10.23 Seema	30.10.23 Seema
51	Mamta	"	398	Mamta	mamta	mamta	mamta	mamta	mamta	mamta	mamta
52	Drishti	"	413	drishti	drishti	drishti	drishti	drishti	drishti	drishti	drishti
53											

(Signature)

10/11

Principal
Hirou Kanya Mahavidyalaya
Jind (Haryana)

Roll No.	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22
388	31.10.23 Seema manu dashu	2.11.23 Seema manu dashu	3.11.23 Seema manu dashu	4.11.23 Seema manu dashu	6.11.23 Seema manu dashu	7.11.23 Seema manu dashu	8.11.23 Seema manu dashu	9.11.23 Seema manu dashu	17.11.23 Seema manu dashu	18.11.23 Seema manu dashu	20.11.23 Seema manu dashu	21.11.23 Seema manu dashu	22.11.23 Seema manu dashu	23.11.23 Seema manu dashu
398														
413														

10/11



Principal
Hindu Kanya Mahavidyalaya
Jind (Haryana)

Roll No.	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31	Day 32
SD 388	24.11.23 Saama mamta dashiti	25.11.23 Saama mamta dashiti	28.11.23 Saama mamta dashiti	29.11.23 Saama mamta dashiti	30.11.23 Saama mamta dashiti	1.12.23 Saama mamta dashiti	4.12.23 Saama mamta dashiti	5.12.23 Saama mamta dashiti	6.12.23 Saama mamta dashiti	7.12.23 Saama mamta dashiti
SI 398										
SD 413										

Taru



Principal
Hindu Kanya Mahavidyalaya
Jind (Haryana)

Award List

Hindu Kanya Mahavidyalaya, Jind

Value Added Course (32 Hours)

on

Health and Nutrition

Session: 2023-24

(19 Oct. 2023 - 07 Dec. 2023)

Award List

Max. Marks - 50

Min. Marks - 20

S. No.	Name	Father's Name	Class	Roll No.	Total Marks Obtained
1	Umesh	Sh. Rajesh	B.A. 3rd Year	1211922002093	48
2	Uma Devi	Sh. Satbir Singh	B.A. 3rd Year	1211922002008	32
3	Priya	Sh. Surender	B.A. 3rd Year	1211922002023	46
4	Minakshi	Sh. Subhash	B.A. 3rd Year	1211922002028	40
5	Nishu	Sh. Dharmvir	B.A. 3rd Year	1211922002033	28
6	Priti	Sh. Rakesh	B.A. 3rd Year	1211922002038	40
7	Neha	Mr. Hawa Singh	B.A. 3rd Year	1211922002043	46
8	Niraj	Mr. Miya Singh	B.A. 3rd Year	1211922002048	42
9	Anjali	Sh. Naveen Kumar	B.A. 3rd Year	1211922002053	46
10	Neeru	Sh. Madan ial	B.A. 3rd Year	1211922002058	40
11	Bhawna	Sh. Ghanshyam	B.A. 3rd Year	1211922002063	42
12	Manisha	Sh. Chanderroop	B.A. 3rd Year	1211922002083	28
13	Mansi	Sh. Vinod	B.A. 3rd Year	1211922002083	30
14	Aarti	Sh. Surender	B.A. 3rd Year	1211922002093	46
15	Palak	Mr. Parmod	B.A. 3rd Year	1211922002108	34

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16	Nishu	Mr. Suresh	B.A. 3rd Year	1211922002113	38
17	Anita	Raj Kumar	B.A. 3rd Year	1211922002118	46
18	Annu	Tellu Ram	B.A. 3rd Year	1211922002123	40
19	Kajal	Dharamveer	B.A. 3rd Year	1211922002128	42
20	Sheetal	Sh. Ramesh	B.A. 3rd Year	1211922002133	42
21	Bindu	Sh. Ashok	B.A. 3rd Year	1211922002148	38
22	Teena	Sh. Sewa Singh	B.A. 3rd Year	1211922002153	42
23	Isha	Mr. Parmod	B.A. 3rd Year	1211922002158	46
24	Ravina	Mr. Sanjay Kumar	B.A. 3rd Year	1211922002163	46
25	Sandhaya	Sh. Dalbir	B.A. 3rd Year	1211922002168	46
26	Sonia	Sh. Balwan	B.A. 3rd Year	1211922002178	44
27	Neha	Mr. Rajesh Kumar	B.A. 3rd Year	1211922002188	32
28	Anjali	Mr. Jaibir	B.A. 3rd Year	1211922002193	44
29	Khushboo	Mr. Karambir	B.A. 3rd Year	1211922002198	30
30	Ritu	Sh. Sanjay	B.A. 3rd Year	1211922002203	44
31	Manju	Sh. Sansar Singh	B.A. 3rd Year	1211922002223	38
32	Pooja	Mr. Mukesh	B.A. 3rd Year	1211922002228	26
33	Rakhi	Sh. Suresh	B.A. 3rd Year	1211922002238	46
34	Rishika	Sanjay Walia	B.A. 3rd Year	1211922002253	40
35	Priyanka	Baljeet Singh	B.A. 3rd Year	1211922002258	46
36	Reenu	Mr. Vinod Kumar	B.A. 3rd Year	1211922002268	46
37	Teena	Sh. Dharambir	B.A. 3rd Year	1211922002273	36
38	Nancy	Mr. Sunil	B.A. 3rd Year	1211922002283	28
39	Sonia	Sh. Radhey	B.A. 3rd Year	1211922002293	44
40	Kajal	Sh. Narender	B.A. 3rd Year	1211922002298	42

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Principal
Hindu Kanya Mahavidyalaya
Jind (Haryana)

41	Annu	Sh. Jaibir	B.A. 3rd Year	1211922002308	32
42	Garima	Mr. Ajmer	B.A. 3rd Year	1211922002313	46
43	Pinki	Sh. Ramesh	B.A. 3rd Year	1211922002333	42
44	Parul	Mr. Ajmer	B.A. 3rd Year	1211922002338	46
45	Kalpana	Mr. Vijender	B.A. 3rd Year	1211922002343	32
46	Simran	Sh. Baljit	B.A. 3rd Year	1211922002353	32
47	Manju	Sh. Rampal	B.A. 3rd Year	1211922002368	32
48	Ruby	Sh. Tilak Raj	B.A. 3rd Year	1211922002373	32
49	Tannu	Sh. Surender Singh	B.A. 3rd Year	1211922002378	46
50	Seema	Sh. Kalringh	B.A. 3rd Year	1211922002388	46
51	Mamta	Sh. Ramesh	B.A. 3rd Year	1211922002398	46
52	Drishti	Mr. Rajesh Kumar	B.A. 3rd Year	1211922002413	32

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H.
Jind



Course Completion Certificate



Hindu Kanya Mahavidyalaya, Jind

Certificate of Value-Added Course

on

Health and Nutrition

(32 Contact Hours)

Session: 2023-24

Certified that Ms. Umesh D/o Sh. Rajesh of Class B.A. 3rd Year Roll Number 1211922002003 has successfully completed 32 hours Value Added Course in 'Health and Nutrition' from 19th October, 2023 to 7th December, 2023.

Dr. Seema Dalal
Course Coordinator

Dr. Geeta Gupta
Convenor, Value Added Courses

Dr. Punam Kajal
Principal

HN/VAC-2023/1



Hindu Kanya Mahavidyalaya, Jind

Certificate of Value-Added Course

on

Health and Nutrition

(32 Contact Hours)

Session: 2023-24

Certified that Ms. Uma Devi D/o Sh. Satbir Singh of Class B.A. 3rd Year Roll Number 1211922002008 has successfully completed 32 hours Value Added Course in 'Health and Nutrition' from 19th October, 2023 to 7th December, 2023.

Dr. Seema Dalal
Course Coordinator

Dr. Geeta Gupta
Convenor, Value Added Courses

Dr. Punam Kajal
Principal

HN/VAC-2023/2