



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



**A**  
**Report**  
**on**  
**Value Added Course**  
**on**  
**Training in Yogassana**

**Dr. Neelam Rani**  
**Course Coordinator**

**Dr. Geeta Gupta**  
**Convenor, VAC**

**Dr. Punam Kajal**  
**Principal**

## Report

<b>Name of the Course</b>	<b>Training in Yogassana</b>
<b>Date of Course</b>	<b>8 September, 2023 – 18 October, 2023</b>
<b>Duration</b>	<b>32 Hours</b>
<b>No. of Students Enrolled in the Course</b>	<b>32</b>
<b>No. of Students Completed the Course</b>	<b>26</b>
<b>Learning Outcomes of the Course</b>	<p><b>Upon completion of this course, the students will be able:</b></p> <ol style="list-style-type: none"><li><b>1. To gain knowledge on the concept of yoga.</b></li><li><b>2. To know about the scientific benefits of various yoga practices.</b></li><li><b>3. To gain an awareness about the value of health &amp; wellness through yoga.</b></li></ol>

# Notice

## NOTICE

Notice No.: 200697

Date: 31.08.2023

All the students of UG/PG programs of the college are informed that for overall development of students, 6 Value Added Courses of 32 hours each are going to be introduced from 8<sup>th</sup> September 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 2 September 2023.

Sr No.	Name of Value-Added Course	Overall Incharge	Time	Fees of the complete Course
1.	Digital Marketing	Dr. Upasana & Mrs. Kirti Bansal	2:15 pm– 3:15 pm	150
2.	Dance	Dr. Keauty Ms. Anjali Singh	2:15 pm– 3:15 pm	150
3.	Beauty & Wellness	Mrs. Rekha Saini & Mrs. Tannu	2:15 pm– 3:15 pm	150
4.	Training in Yogassana	Dr. Neelam & Mrs. Meena	2:15 pm– 3:15 pm	100
5.	Logical Reasoning and Quantitative Aptitude for Competitive Examination	Mrs. Anju & Dr. Muniya	2:15 pm– 3:15 pm	100
6.	Basic IT Tools	Dr. Priyanka Sahni & Dr. Niketa Sharma	2:15 pm– 3:15 pm	100

All Students should get their registration form from Ms. Sarita (Room No. 107), and submit to her up to 2<sup>nd</sup> September 2023.

  
31/08/2023

Principal

Hindu Kanya Mahavidyalaya  
Jind (Haryana)

# Syllabus

**Syllabus  
for  
Value Added Course  
in  
Training in Yogassana  
Course Code: TY – 2023  
Duration: 32 Hours**

Time: 2 Hours  
Max. Marks: 50  
Max. Marks in Theory: 35  
Min. Marks in Theory: 14  
Max. Marks in Practical: 15  
Min. Marks in Practical: 06

**NOTE:** The examiner is required to set thirty-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:

1. To gain knowledge on the concept of yoga.
2. To know about the scientific benefits of various yoga practices.
3. To gain an awareness about the value of health & wellness through yoga.

**Module – I**

**योग का स्वरूप:**

योग का अर्थ, योग की परिभाषा, योग का महत्व, योग का उद्देश्य ।

**Module – II**

**योग की धाराएं:**

अष्टांग योग, हठयोग, कर्म योग, भक्ति योग, ज्ञान योग ।

**Module – III**

**योग एवं स्वास्थ्य:**

स्वास्थ्य का अर्थ, रचनात्मक स्वास्थ्य हेतु योग की आवश्यकता, रचनात्मक स्वास्थ्य में मन की भूमिका, समग्र स्वास्थ्य हेतु त्रिगुण और पंचकोश की अवधारणा, स्वस्थ रहने के यौगिक सिद्धांत – आहार, विहार, आचार, विचार ।



## Module – IV

### यौगिक ग्रंथः

पतंजलि का योग सूत्र, हठयोग ग्रंथ; हठ प्रदीपिका, घेरंड संहिता ।

## Module – V

### प्रायोगिक आसनः

शरीर संवर्धनात्मक - ताड़ासन, त्रिकोणासन, सर्वांगासन, हलासन, भुजंगासन, धनुरासन

विश्रांतिकारक - मकरासन, शशांकासन, शवासन ।

ध्यानात्मक - पद्मासन, सिद्धासन, वज्रासन

प्राणायाम - अनुलोम विलोम, सूर्यभेदन, चन्द्रभेदन, भ्रामरी, भस्त्रिका, शीतली

बंध - जालंधर, मूल, उड्डियान

मुद्रा - चिन मुद्रा, ज्ञान मुद्रा, शाम्भवी मुद्रा।

### Reference Books:

1. पतंजलि योग दर्शन; डॉ. मृदुल दर्शन
2. सम्पूर्ण योग विद्या; राजीव जैन "त्रिलोक"
3. घेरंड संहिता; स्वामी निरंजनानन्द सरस्वती

  
Dr. Neelam Rani  
(Course Coordinator)

  
Dr. Geeta Gupta  
(Convenor, VAC)

  
Principal  
Hrishi Kanva Mahavidyalaya  
Dr. Punam Kajal  
Jhansi (Uttar Pradesh)  
(Principal)

# Attendance

## Attendance Sheet/Signature Chart

### Value Added Course - Training in Yogassana

Sr No	Name	Class	Roll No.	Day 1 8/9	Day 2 9/9	Day 3 11/9	Day 4 12/9	Day 5 13/9	Day 6 14/9	Day 7 15/9	Day 8 16/9	Day 9 18/9	Day 10 19/9	Day 11 20/9	Day 12 21/9	Day 13 22/9	Day 14 23/9	Signature
1	SHEENU	M.A. History II	222192155026	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sheenu
2	RAKHI	M.A. History II	222192155013	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Rakhi
3	Indu	B.A. III	1211922002015	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Indu
4	ANJALI	B.A III	1211922002053	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjali
5	MANSI	B.A III	1211922002085	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Mansi
6	SWATI	B.A III	1211922002091	P	A	P	P	P	P	P	P	P	P	P	P	P	P	Swati
7	BABITA	B.A III	1211922002102	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Babita
8	TEENA	B.A III	1211922002106	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Teena
9	BINDU	B.A III	1211922002148	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Bindu
10	MUSKAN	B.A III	1211922002241	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Muskan
11	GUJAN	B.A III	1211922002247	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Gujan
12	KHUSBOO	B.A III	1211922002249	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Khushboo
13	KAFI	B.A III	1211922002341	P	A	P	P	P	P	P	P	P	P	P	P	P	P	Kafi
14	SHIVANI DEVI	B.A III	1211922002350	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Shivani Devi
15	PREETI	B.A III	1211922002354	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Preeti
16	ANJALI	B.A Maths III	1211922069002	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjali
17	DIKSHA	B.A II	1221922002010	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Diksha
18	ANJU	B.A II	1221922002033	P	A	P	P	P	P	P	P	P	P	P	P	P	P	Anju
19	Nikita	B.A II	1221922002039	H	A	P	P	P	P	P	P	P	P	P	P	P	P	Nikita
20	REENU	B.A II	1221922002054	P	A	P	P	P	P	P	P	P	P	P	P	P	P	Reenu
21	KAVITA DEVI	B.A II	1221922002056	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Kavita Devi
22	TANNU	B.A II	1221922002057	A	P	P	P	P	P	P	P	P	P	P	P	P	P	Tannu
23	PINKI	B.A II	1221922002059	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Pinki

Principal  
Dr. P. M. Kishor Kumar Mahapatra  
Jind (Haryana)

Roll No.	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Signature	
222192155026	15 24/9	16 25/9	17 28/9	18 29/9	19 30/9	20 1/10	21 2/10	22 3/10	23 4/10	24 5/10	25 6/10	26 7/10	27 8/10	28 9/10	29 10/10	30 11/10	31 12/10	32 13/10				Shreem
222192155013	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rajhi
1211922002015	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shreya
1211922002053	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjali
1211922002085	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	mansi
1211922002091	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Swati
1211922002102	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rabita
1211922002106	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Tanus
1211922002148	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rinshi
1211922002241	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Muskan
1211922002247	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	tanvi an
1211922002249	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	HA Viboo
1211922002341	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Kajal
1211922002350	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shivani Devi
1211922002354	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rishi
1211922069002	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjali
1221922002010	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Divyanshu
1221922002033	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anika
1221922002039	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Nikhil
1221922002054	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Reema
1221922002056	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Kusita Devi
1221922002058	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Tannu
1221922002059	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Priya



Principal  
Jyoti Kanya Mahavidyalaya



Sr No	Name	Class	Roll No.	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Signature	
24	ANJU	B.A II	1221922002063	1 8/9	2 9/9	3 10/9	4 11/9	5 12/9	6 13/9	7 14/9	8 15/9	9 16/9	10 17/9	11 18/9	12 19/9	13 20/9	14 21/9	15 22/9	16 23/9	17 24/9	Anju Daga
25	DIVYA	B.A II	1221922002099	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
26	ANSHU	B.A II	1221922002121	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
27	PRIYANKA	B.A II	1221922002141	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
28	NIKITA	B.A II	1221922002163	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
29	KAFI	B.A II	1221922002187	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
30	DIKSHA	B.A II	1221922002201	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
31	MANJU	B.A II	1221922002238	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga
32	NISHA	B.A II	1221922002255	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anju Daga

(M)

Principal  
Hindu Kenya Mahavidyalaya  
Jind (Haryana)



Roll No.	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Day	Signature	
	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32						
	8/9	9/9	10/9	11/9	12/9	13/9	14/9	15/9	16/9	17/9	18/9	19/9	20/9	21/9	22/9	23/9	24/9	25/9	26/9	27/9	28/9	29/9	30/9	
1221922002063	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Amul Singh
1221922002099	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shubh
1221922002121	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Prasanna
1221922002141	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Nishita
1221922002163	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Koite
1221922002187	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Disha
1221922002201	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Manjiv
1221922002238	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Nishita
1221922002255	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	



Principal  
Himalaya Vidyalaya  
Jind Haryana

(M)

# Award List

**Hindu Kanya Mahavidyalaya, Jind**  
**Value Added Course (32 Hours)**  
**on**  
**Training in Yogassana**  
**Session: 2023-24**  
**(03 Sept. 2023 - 18 Oct. 2023)**  
**Award List**

Max. Marks - 50

Max. Marks in Theory - 35

Max. Marks in Practical - 15

Min. Marks in Theory - 14

Min Marks in Practical - 06

Sr. No.	Name	Father Name	Class	Roll No	Marks Obtained
1	SHEENU	MAHAVIR SINGH	M.A. History II	222192155026	43
2	RAKHI	KULBIR	M.A. History II	222192155013	44
3	INDU	RAJ KUMAR SAINI	B.A III	1211922002015	46
4	ANJALI	NAVEEN KUMAR	B.A III	1211922002053	45
5	MANSI	RAJESH	B.A III	1211922002085	41
6	SWATI	KRISHAN KUMAR	B.A III	1211922002091	A
7	BABITA	RAJESH KUMAR	B.A III	1211922002102	45
8	TEENA	GAUTAM MALIK	B.A III	1211922002106	46
9	BINDU	ASHOK KUMAR	B.A III	1211922002148	45
10	MUSKAN	RAJPAL	B.A III	1211922002241	45
11	GUNJAN	BIHARI LAL	B.A III	1211922002247	45
12	KHUSBOO	MAHENDER SINGH	B.A III	1211922002249	A
13	KAFI	JASMER	B.A III	1211922002341	45
14	SHIVANI DEVI	RAJENDER SINGH	B.A III	1211922002350	45
15	PREETI	RAJESH	B.A III	1211922002354	45
16	ANJALI	DEVENDER KUMAR	B.A Math Hons III	1211922069002	A
17	DIKSHA	JAGAT SINGH	B.A II	1221922002010	45
18	ANJU	RAJESH	B.A II	1221922002033	43
19	Nikita	MUKESH	B.A II	1221922002039	45
20	REENU	SEWA SINGH	B.A II	1221922002054	A
21	KAVITA DEVI	BHIM SINGH	B.A II	1221922002056	50
22	TANNU	BALBIR SINGH	B.A II	1221922002058	A
23	PINKI	AZAD SINGH	B.A II	1221922002059	A



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Hindu Kanya Mahavidyalaya  
Jind (Haryana)

24	ANJU	KUDEEP	B.A II	1221922002063	45
25	DIVYA	MUKESH	B.A II	1221922002099	45
26	ANSHU	RAVINDER	B.A II	1221922002121	45
27	PRIYANKA	MANOJ	B.A II	1221922002141	45
28	NIKITA	SUKHBIR	B.A II	1221922002163	46
29	KAFI	RAM MAHER	B.A II	1221922002187	45
30	DIKSHA	KAPTAN	B.A II	1221922002201	48
31	MANJU	MAHAVIR	B.A II	1221922002238	49
32	NISHA	SATISH KUMAR	B.A II	1221922002255	45

  
Principal  
Hindu Kanya Mahavidyalaya  
Jind (Haryana)





## Course Completion Certificate



**Hindu Kanya Mahavidyalaya, Jind**

**Certificate of Value-Added Course**

on

**Training in Yogassana**

(32 Contact Hours)

Session: 2023-24

Certified that Ms. SHEENU D/o MAHAVIR SINGH of Class M.A. History 2nd Year Roll Number 222192155026 has successfully completed 32 hours Value Added Course in 'Training in Yogassana' from 8<sup>th</sup> September, 2023 to 18<sup>th</sup> October, 2023.

Dr. Neelam  
Course Coordinator

Dr. Geeta Gupta  
Convenor, Value Added Courses

Dr. Punam Kajal  
Principal

TY/VAC-2023/1



**Hindu Kanya Mahavidyalaya, Jind**

**Certificate of Value-Added Course**

on

**Training in Yogassana**

(32 Contact Hours)

Session: 2023-24

Certified that Ms. RAKHI D/o KULBIR of Class M.A. History 2nd Year Roll Number 222192155013 has successfully completed 32 hours Value Added Course in 'Training in Yogassana' from 8<sup>th</sup> September, 2023 to 18<sup>th</sup> October, 2023.

Dr. Neelam  
Course Coordinator

Dr. Geeta Gupta  
Convenor, Value Added Courses

Dr. Punam Kajal  
Principal

TY/VAC-2023/2