



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)


(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

List of Program Conducted for Life skills (Yoga, physical fitness, health and hygiene) (2019-20)

1	2019-20	11 Oct to 30 Nov 2019	Value Added Course on Manifestation Yoga
2	2019-20	05 Feb to 28 Feb 2020	Value Added Course on Basic of Yoga


प्रिन्सिपल
PRINCIPAL
सरस्वती विद्या मन्दिर कालिज
शिकारपुर (बुलन्दशहर)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svnlawcollege.com, E-mail Id : svnlawcollege@gmail.com

**VALUE ADDED COURSE ON
MANIFESTATION YOGA**

SESSION : 2019-20

CLASS : B.A.LL.B. I & II YEAR

WITH THE MOU SVM LAW COLLEGE

&

SSMV SHIKARPUR

COURSE LECTURER:

MR. BRIJPAL SINGH

SHYAMLAL SARASWATI MAHAVIDYALAYA

SHIKARPUR, BULANDSHAHR

&

DR. ANUPAM KUMAR

ASSISTANT PROFESSOR

SARASWATI VIDYA MANDIR LAW COLLEGE,

SHIKARPUR, BULANDSHAHR



SARASWATI VIDYA MANDIR LAW COLLEGE
SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Notice

Date:-15.09.2019

Dear Students,

It is a Matter of Great pleasure that SVM Law college is going to start value added course on "*Manifestation Yoga*" on 11 October 2019. Kindly Enroll till 30 September 2019. This course is for B.A, LL.B I&II Year students.

Kindly note the important details related to the value added course (VAC)

- The value added course for this semester will be start on 11 October 2019.
- The date, timing will be announced time to time by the coordinator.
- Attendance is MANDATORY
- Please note, there is NO PROVISION FOR THE CHANGE OF COURSE.
- Certificate will be issued only after the successful completion and Exam of the course.

For More information contact

Dr. Anupam Kumar (Assistant Professor)


Coordinator

CC to:-

HoD

Students Notice Board

Office File


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

VALUE ADDED COURSE ON MANIFESTATION YOGA

Course Status : Regular

Duration : 40 Hours

Category : Manifestation Yoga

Level : Graduate

Start Date : 11th Oct, 2019

End Date : 30th Nov, 2019

Enrollment Ends : 30th Sep, 2019

Exam Date : 16th Dec, 2019

Objective - Aham Brahmasmi. This is the supreme truth that the entire creation is based on. As human beings, we are blessed with the highest form of sentience and we experience the universe deeply. However, we have forgotten the supreme truth entirely or we fail to realize it in our daily life. Praakatyoga aims to raise the spiritual awareness of humans as well to give deep holistic insights to assist us in living a more fulfilled life driven by values instead of mere materialistic goals.

1. Big bang theory – A scientific analysis of the origin of the universe

Universe which was comparable to the size of a single bacterium in a billionth of a trillionth of a second expanded by a factor of 10 to the power 26 and became the size of the Milky way galaxy. Matter and energy are constantly converting into each other throughout the universe.

2. The Bible for manifestation – Understanding the teachings of the bible regarding the role of manifestation

The bible talks about gratitude and generosity as the key to prosperity for example, Gospel of St Matthew that goes like this - those who already have will get more and have plenty. But those who don't have even what little they have will be taken away. It may sound unfair, like rich get richer and poor get poorer. But there is a secret hidden in it.

The key to this mystery is gratitude.

3. Bhagwat Geeta – Learning the supreme truth as described in the Bhagwat Geeta
Lord Krishna shows his true form to Arjuna and explains how the entire universe is Him. He explains how the entire creation is the supreme truth itself

4. Manifestation – Meaning of the term

The word Manifest DOES NOT mean create. It does not mean borrow, buy or build. It means to make visible that, which already exists. The un-manifested is not non-existent, it is merely hidden, waiting to be uncovered.

Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

5. Know Thyself - we are beings with an infinite consciousness.
Due to our limited sensory perception, we spend our entire lives believing ourselves to be beings of limited potential, confined into a small mortal body. This forgetfulness of our true reality has been spoken about by great mystic Yogis throughout the ages.
6. The forgotten truth - We have forgotten that we are "Prana".
The cosmic spiritual energy that manifests into all forms of matter and measurable energy. We are not human beings experiencing the Universe, we are the Universe experiencing human beings. In this forgotten truth lies our ability to realize our infinite potential to manifest anything. Consciousness is the guiding mechanism that the Universe uses to manifest a material reality from pure energy of infinite possibilities.
7. The price we pay - The forgetfulness of our true form costs us too much. We are bound to spend our entire lives under the belief that we are insignificant beings on a cosmic scale. We believe that we are born at one point in time, and then life events happen to us with very little control until we die. We take it for granted that there is a separation between us and the Universe, Time and Space.
8. The reality – what quantum physics tells about the universe
Through the Schrodinger and Heisenberg model of atom, it has been proven that the Quantum world goes in and out of existence constantly. 99.999 % of the time it is pure energy, materializing only for 0.001 % of the time. The nature of the sub atomic world can only be talked about in terms of "probability distributions". On the deepest scale, the Universe is all about probabilities, that are suspended. Infinite number of realities that stay suspended 99.999% of the time as pure energy, and only collapse into measurable solidity 0.001% of the time.
9. The universe - Hence the correct way to look at the Universe is to think of it as a Giant cosmic dance of infinite possibilities, enacted by Prana, taking the form of all matter and visible energy, and witnessed by Prana, taking the form of all conscious beings from the simplest bacterium to a complex Human Being.
10. Case studies –
 - Young's Double Slit Experiment and Quantum Entanglement.
 - Ancient Yogis have demonstrated superhuman abilities through control of Prana energy flow.
 - HeartMath Research Institute has proven that EEG waves of the heart have the potential to untangle DNA, through a controlled experiment.
 - Dr. Lebovici's prayer experiment has demonstrated the power of Intentions with strong emotions in the form of prayer.
 - The intentions experiment by Lynne Mc Taggart

Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



SARASWATI VIDYA MANDIR LAW COLLEGE
SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svinlawcollege.com, E-mail Id : svinlawcollege@gmail.com

11. The purpose - The purpose of Manifestation Yoga

This false sense of separation deprives us of the sole purpose of life – to consciously experience the joy of the infinite by manifesting it into the finite. The purpose of Manifestation Yoga is to reach deep inside us and unveil that, which has been buried under the limitations of ignorance, cultural dogma and false conditioning.

12. Manifestation Yoga Meditation – an overview

Understanding the process and its basic structure

13. Grace – showing our gratitude to the universe for the opportunity to witness this beautiful creation

14. Attune – being one with the universe

15. Recharge – energize the body on a cellular level

16. Strengthen – make the body stronger for maintaining optimum posture

17. Heal – healing the body and blessing the chakras

18. Manifest – manifesting the most desirable experience of this life

19. Bonus chapter – Riddikulus


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Test Paper

Course Name - Manifestation Yoga

Class : B.A.LL.B. I & II Year (I & III Semester)

Time : 3 Hours

Max: 100 Marks

नोट :- सभी प्रश्न अनिवार्य हैं।

01. युज का क्या अर्थ है ?
02. प्राण के कितने प्रकार हैं ?
03. गले से दिल तक को क्या कहते हैं ?
04. सूर्यभेदी प्राणायाम लाभदायक है।
05. किस प्राणायाम से मोटापा कम होता है ?
06. शरीर के सभी अंगों में पाया जाने वाले प्राण हैं।
07. अभिव्यक्ति का अर्थ उदाहरण सहित लाभ और प्रकट करने की तकनीक लिखिए।
08. अभिव्यक्ति तकनीक क्या है ?
09. अभिव्यक्ति योग का उद्देश्य बताइए ?
10. अभिव्यक्ति के बारे में बाईबल क्या कहती हैं ?
11. योग अभ्यास से पहले हमें क्या खाना चाहिए ?
12. यदि हम योगाभ्यास करते हैं तो क्या हमें व्यायाम करने की आवश्यकता है ?
13. एक इरादा क्या है ? सही इरादा स्थापित करने के लिए एक व्यावहारिक मार्गदर्शिका बताइये ?


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



SARASWATI VIDYA MANDIR LAW COLLEGE
SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.symnlawcollege.com, E-mail Id : symnlawcollege@gmail.com

VALUE ADDED COURSE ON MENIFESTATION YOGA

SESSION : 2019-20 COURSE : B.A.LL.B. I & II Year Duration : 40 Hours.

No. of Students Enrolled in the Course

SL.No.	STUDENT NAME	FATHER'S NAME	COURSE & SEMESTER	MOBILE NO.
1	ABHISHEK KUMAR	PANKAJ KUMAR	B.A.LL.B. I Year	9536362346
2	ADITYA SHARMA	SUNIL SHARMA	B.A.LL.B. I Year	9627305120
3	AJAY KUMAR	BIJENDRA SINGH	B.A.LL.B. I Year	9536661664
4	AKASH CHAUDHARY	AJEET SINGH	B.A.LL.B. I Year	7466948313
5	AMIR	ZANAB NAZRUDDIN	B.A.LL.B. I Year	9456000196
6	ANJALI CHAUHAN	NEERAJ CHAUHAN	B.A.LL.B. I Year	9911441855
7	ANSHU GAUTAM	PUSHPENDRA KUMAR GAUTAM	B.A.LL.B. I Year	9759947667
8	ARPIT SHARMA	HUKAM CHAND SHARMA	B.A.LL.B. I Year	9690641905
9	ARPITA SINGH	AMARJEET SINGH	B.A.LL.B. I Year	9410264770
10	ASHISH	LAKHMI CHAND TOMAR	B.A.LL.B. I Year	7895506347
11	CHETAN KUMAR	RAJ KUMAR SINGH	B.A.LL.B. I Year	7500047248
12	DINESH KUMAR	KUNVARPAL SINGH	B.A.LL.B. I Year	8077213124
13	EHTSHAM	HASAN MIYAN	B.A.LL.B. I Year	9720403802
14	GUNJAN SHARMA	MUKESH KUMAR SHARMA	B.A.LL.B. I Year	6395409156
15	HIMANSHU	DAVENDRA SINGH	B.A.LL.B. I Year	9627559515
16	JYOTI	BHOOP SINGH	B.A.LL.B. I Year	8273111329
17	KAJAL CHAUHAN	YASHPAL SINGH CHAUHAN	B.A.LL.B. I Year	9758394398
18	KHELPRAKASH	SATISH KUMAR	B.A.LL.B. I Year	8954127577
19	KHUSHBU BANO	AYYUB KHAN	B.A.LL.B. I Year	9759763514
20	KIRAN	PREETAM SINGH	B.A.LL.B. I Year	9528680953
21	KM POONAM	PRAMOD SHARMA	B.A.LL.B. I Year	9412119252
22	KULDEEP KUMAR	SANTOSH SINGH	B.A.LL.B. I Year	7505771644
23	LAV SHEKHAR	CHANDRA SHEKHAR	B.A.LL.B. I Year	9675032133
24	LOVELY BHATI	PREMPAL SINGH	B.A.LL.B. I Year	7302785046
25	MD ZEESHANUDDIN SAIFI	FAKHRUDDIN	B.A.LL.B. I Year	9286334733
26	MOHAMMAD JUNED	HARUN KHAN	B.A.LL.B. I Year	9015382042
27	MOHD SHAHRUKH	MOHD AZAD KHAN	B.A.LL.B. I Year	6396743716
28	MOHD SUHAIL YAMIN	MOHD YAMIN	B.A.LL.B. I Year	6396438449

Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)

29	MOHD SADIK	MOHRRAM ALI	B.A.LL.B. I Year	9899265214
30	MOHIT KUMAR SHARMA	RAKESH SHARMA	B.A.LL.B. I Year	7078284664
31	MONU	SUSHIL SINGH	B.A.LL.B. I Year	8954119931
32	MUKUL CHAUDHARY	BIJAY PRAKASH	B.A.LL.B. I Year	6396844543
33	NARAYAN VASHISHT SAI	SUBHASH CHAND SHARMA	B.A.LL.B. I Year	8859498989
34	NEHA	RAJKUMAR	B.A.LL.B. I Year	9410669282
35	NEHA VERMA	JAGDISH VERMA	B.A.LL.B. I Year	9456441269
36	PRADEEP KUMAR	MUKESH CHAND	B.A.LL.B. I Year	9058979127
37	PRAGATI GOEL	KRISHAN MOHAN GOEL	B.A.LL.B. I Year	9528967105
38	PRIYANKA	JAY PRAKASH SINGH	B.A.LL.B. I Year	9548223443
39	PUSHPENDRA KUMAR	BALVEER SINGH	B.A.LL.B. I Year	8650842218
40	RAHUL GAUR	UGRA SAIN SHARMA	B.A.LL.B. I Year	8920513264
41	RAMAVATAR NIGAM	LAYAK RAM	B.A.LL.B. I Year	9411447080
42	RUPESH BALAYAN	RAMKHILONI SINGH	B.A.LL.B. I Year	7983342622
43	SANGITA SHARMA	MAHESH CHANDRA SHARMA	B.A.LL.B. I Year	8859601625
44	SAPNA RANI	NARESH KUMAR	B.A.LL.B. I Year	9410609534
45	SHALINI	AJAY KUMAR	B.A.LL.B. I Year	8430316531
46	SHIV KUMAR SHARMA	AJAY SHARMA	B.A.LL.B. I Year	7505636703
47	SOORAJ SINGH	GANGA PRASAD	B.A.LL.B. I Year	7351699976
48	SUHAIL KHAN	MUBEEN AHMAD	B.A.LL.B. I Year	7906268010
49	SURYA PRATAP SINGH CHAUHAN	SANDEEP SINGH	B.A.LL.B. I Year	9411476285
50	TUSHAR CHAUDHARY	PAPENDRA SINGH	B.A.LL.B. I Year	9193638846
51	PRATIKSHA	AJIT SINGH	B.A.LL.B. II Year	9758976793
52	PURU MITTAL	VIJAY KUMAR MITTAL	B.A.LL.B. II Year	9411869325
53	RADHIKA	D K SHARMA	B.A.LL.B. II Year	9012283700
54	RAVI SHARMA	RAM VIR SHARMA	B.A.LL.B. II Year	9759847523
55	SACHIN KUMAR GOSWAMI	JAGPAL GOSWAMI	B.A.LL.B. II Year	8057157655
56	SADHAN CHANDRA CHAKMA	SHANTI MOY CHAKMA	B.A.LL.B. II Year	7599572102
57	SANJEEV KUMAR	OMPAL SINGH	B.A.LL.B. II Year	9536249752
58	SATENDRA KUMAR	OMPRAKASH SINGH	B.A.LL.B. II Year	8445657793
59	SHIVAM KUMAR	DHEER PAL	B.A.LL.B. II Year	8433455732
60	SUMAYALA	MAHFOOJ	B.A.LL.B. II Year	7617449897

Principal
PRINCIPAL
Saraswati Vidyapeeth Law College
Shikarpur (Buxi Bazar)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.synlawcollege.com, E-mail Id : synlawcollege@gmail.com

VALUE ADDED COURSE ON MENIFESTATION YOGA


SESSION : 2019-20 COURSE : B.A.LL.B. I & II Year Duration : 40 Hours.

No. of Students Completing the Course
(Attendance & Certificate List)

SL.No.	STUDENT NAME	COURSE & SEMESTER	MOBILE NO.	SIGNATURE
1	ABHISHEK KUMAR	B.A.LL.B. I Year	9536362346	Abhishek
2	ADITYA SHARMA	B.A.LL.B. I Year	9627305120	Aditya
3	AJAY KUMAR	B.A.LL.B. I Year	9536661664	Ajay
4	AKASH CHAUDHARY	B.A.LL.B. I Year	7466948313	Akash
5	AMIR	B.A.LL.B. I Year	9456000196	Amir
6	ANJALI CHAUHAN	B.A.LL.B. I Year	9911441855	Anjali
7	ANSHU GAUTAM	B.A.LL.B. I Year	9759947667	Anshu
8	CHETAN KUMAR	B.A.LL.B. I Year	7500047248	Chetan
9	DINESH KUMAR	B.A.LL.B. I Year	8077213124	Dinesh
10	EHTSHAM	B.A.LL.B. I Year	9720403802	Ehtsham
11	GUNJAN SHARMA	B.A.LL.B. I Year	6395409156	Gunjan
12	HIMANSHU	B.A.LL.B. I Year	9627559515	Himanshu
13	KHUSHBU BANO	B.A.LL.B. I Year	9759763514	Khushbu
14	KIRAN	B.A.LL.B. I Year	9528680953	Kiran
15	KM POONAM	B.A.LL.B. I Year	9412119252	Poonam
16	KULDEEP KUMAR	B.A.LL.B. I Year	7505771644	Kuldeep
17	LAV SHEKHAR	B.A.LL.B. I Year	9675032133	Lav
18	LOVELY BHATI	B.A.LL.B. I Year	7302785046	Lovely
19	MD ZEESHANUDDIN SAIFI	B.A.LL.B. I Year	9286334733	Zeeshanuddin
20	MOHAMMAD JUNED	B.A.LL.B. I Year	9015382042	Juned
21	MOHD SHAHRUKH	B.A.LL.B. I Year	6396743716	Shahruck
22	MOHD SUHAIL YAMIN	B.A.LL.B. I Year	6396438449	Suhail
23	MOHD SADIK	B.A.LL.B. I Year	9899265214	Sadik
24	MOHIT KUMAR SHARMA	B.A.LL.B. I Year	7078284664	Mohit
25	MONU	B.A.LL.B. I Year	8954119931	Monu
26	MUKUL CHAUDHARY	B.A.LL.B. I Year	6396844543	Mukul
27	NARAYAN VASHISHT SAI	B.A.LL.B. I Year	8859498989	Narayan
28	NEHA	B.A.LL.B. I Year	9410669282	Neha
29	NEHA VERMA	B.A.LL.B. I Year	9456441269	Neha
30	PRADEEP KUMAR	B.A.LL.B. I Year	9058979127	Pradeep
31	PRAGATI GOEL	B.A.LL.B. I Year	9528967105	Pragati

Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)

32	PRIYANKA	B.A.LL.B. I Year	9548223443	Priyanka
33	PUSHPENDRA KUMAR	B.A.LL.B. I Year	8650842218	Pushpendra
34	SANGITA SHARMA	B.A.LL.B. I Year	8859601625	Sangita
35	SAPNA RANI	B.A.LL.B. I Year	9410609534	Sapna
36	SHALINI	B.A.LL.B. I Year	8430316531	Shalini
37	SHIV KUMAR SHARMA	B.A.LL.B. I Year	7505636703	Shiv
38	SOORAJ SINGH	B.A.LL.B. I Year	7351699976	Sooraj
39	SUHAIL KHAN	B.A.LL.B. I Year	7906268010	Suhail
40	SURYA PRATAP SINGH CHAUHAN	B.A.LL.B. I Year	9411476285	Surya
41	TUSHAR CHAUDHARY	B.A.LL.B. I Year	9193638846	Tushar
42	PRATIYKSHA	B.A.LL.B. II Year	9758976793	Pratiksha
43	RAVI SHARMA	B.A.LL.B. II Year	9759847523	Ravi
44	SACHIN KUMAR GOSWAMI	B.A.LL.B. II Year	8057157655	Sachin
45	SADHAN CHANDRA CHAKMA	B.A.LL.B. II Year	7599572102	Sadhan
46	SANJEEV KUMAR	B.A.LL.B. II Year	9536249752	Sanjeev
47	SATENDRA KUMAR	B.A.LL.B. II Year	8445657793	Satendra
48	SHIVAM KUMAR	B.A.LL.B. II Year	8433455732	Shivam
49	SUMAYALA	B.A.LL.B. II Year	7617449897	Sumayala


PRINCIPAL
 Saraswati Vidya Mandir Law College
 Bikaner (Bikanershahri)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Attendance Sheet

VALUE ADDED COURSE ON MENIFESTATION YOGA

Dates : 11/10/19 to 30/11/19

SL.No.	Student's Name																						
1	ABHISHEK KUMAR	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A		
2	ADITYA SHARMA	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
3	AJAY KUMAR	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P
4	AKASH CHAUDHARY	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	
5	AMIR	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P
6	ANJALI CHAUHAN	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
7	ANSHU GAUTAM	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
8	ARPIT SHARMA	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
9	ARPITA SINGH	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
10	ASHISH	P	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
11	CHEATAN KUMAR	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
12	DINESH KUMAR	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P
13	EHTSHAM	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
14	GUNJAN SHARMA	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
15	HIMANSHU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P
16	JYOTI	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17	KAJAL CHAUHAN	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
18	KHELPRAKASH	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
19	KHUSHBU BANO	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
20	KIRAN	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P
21	KM POONAM	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
22	KULDEEP KUMAR	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
23	LAV SHEKHAR	P	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P
24	LOVELY BHATI	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P
25	MD ZEESHANUDDIN SAIFI	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	MOHAMMAD JUNED	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
27	MOHD SHAHRUKH	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P
28	MOHD SUHAIL YAMIN	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
29	MOHD SADIK	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P
30	MOHIT KUMAR SHARMA	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	MONU	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P
32	MUKUL CHAUDHARY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Principal
Saraswati Vidya Mandir Law College

33	NARAYAN VASHISHT SAI	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P
34	NEHA	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P
35	NEHA VERMA	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P
36	PRADEEP KUMAR	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
37	PRAGATI GOEL	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
38	PRIYANKA	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P
39	PUSHPENDRA KUMAR	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P
40	RAHUL GAUR	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
41	RAMAVATAR NIGAM	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
42	RUPESH BALAYAN	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
43	SANGITA SHARMA	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P
44	SAPNA RANI	P	P	P	A	P	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P
45	SHALINI	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P
46	SHIV KUMAR SHARMA	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
47	SOORAJ SINGH	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
48	SUHAIL KHAN	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P
49	SURYA PRATAP SINGH CHAUHAN	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
50	TUSHAR CHAUDHARY	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P
51	PRATIKSHA	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
52	PURU MITTAL	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
53	RADHIKA	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
54	RAVI SHARMA	P	P	P	P	P	A	A	A	A	P	P	P	P	P	P	P	P	P	P	P
55	SACHIN KUMAR GOSWAMI	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A
56	SADHAN CHANDRA CHAKMA	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	SANJEEV KUMAR	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P
58	SATENDRA KUMAR	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
59	SHIVAM KUMAR	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P
60	SUMAYALA	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P

Anurag
Course Co-Ordinator

[Signature]
Principal
Saraswati Vidya Mandir Law College
Shikarbur (Bikaner) (Gangpshahr)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

VALUE ADDED COURSE ON BASIC OF YOGA

SESSION: 2019-20

CLASS :LL.B I YEAR

COURSE LECTURER:

MR. ASHOK SAGAN

ASSISTANT PROFESSOR

PT. SIYARAM SHARMA COLLEGE OF LAW

BIRULI

&

MRS. SWETA SINGH

ASSISTANT PROFESSOR

SARASWATI VIDYA MANDIR LAW COLLEGE,

SHIKARPUR, BULANDSHAHR



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Notice

Date:-15.01.2020

Dear Students,

It is a Matter of Great pleasure that SVM Law college is going to start value added course on "*Value Added Course on Basic of Yoga*" on 05 February 2020. Kindly Enroll till 29 January 2020. This course is for LL.B I Year students.

Kindly note the important details related to the value added course (VAC)

- The value added course for this semester will be start on 05 February 2020.
- The date, timing will be announced time to time by the coordinator.
- Attendance is MANDATORY
- Please note, there is NO PROVISION FOR THE CHANGE OF COURSE.
- Certificate will be issued only after the successful completion and Exam of the course.

For More information contact

Mrs. Sweta Singh (Assistant Professor)


Coordinator


Principal

सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (बुलन्दशहर)

CC to:-

HoD

Students Notice Board

Office File



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Value added Course on

Basic of yoga

Session : 2019-20

Course Status: Regular

Duration: 40 Hours

Category: Basic of Yoga

Level: Graduate

Start Date: 05-02-2020

End Date: 28-02-2020

Enrollment Ends: 29-01-2020

Exam Date : 15-03-2020

Course Description- Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Yoga is a practices that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Today, most westerners who do yoga do it for exercise on to reduce stress. Yoga can improve your overall fitness level and improve your posture and flexibility. It may also, lower your blood pressure and heart rate, help you relax, improve your self confidence reduce stress, improve your coordination, improve your concentration, help you sleep better. Aid with digestion. In addition, practicing yoga may also help with the following conditions:- Anxiety, back pain, Depression. Pat Anjali is known as the of modern yoga and It was proposed by prime minister Narendramodi during his speech of the united nations general assembly in 2014 and was overwhelmingly supported by the member state.

Learning Objectives- The main aim of yoga is integrating the body, mind and thoughts so as to work for good ands. Modern life style leads to diseases, Which are mostly due to poor food habits, heavy daily routines and to air and water

pollution in turn easily affect the human body. To enable the student to have good health. To practice mental hygiene. To possess emotional stability. To integrate moral values. Yoga increase your flexibility. Many people take up yoga to improve their fleseibility and range of motion improve strength and build endurance, get stranger bones, Regulate your emotions, build balance, Reduce stress and anxiety, strengthen your mind, promote positive thinking.

Out comes- The purpose of yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. In the foregoing page of this book, I have described the of relaxation in different postures via, standing, lying and sitting postures which brings in this harmony. Yoga is not were practice for an hour or two in a day but it is the most scientific way of living, all the twenty four hours of the day. During the whale day you may be only in one of these three postures and hence a skillful adjustment in them will effect. The required harmony. "Yoga asthahkuruKarmani be established is yoga and do all your duties. "Yoga Karmasukausalam yoga is skill action". Skill here means to be in tune with the nature of the supreme reality. Be a yoga always, is the loving instruction of lord Krishna. Convent life into yoga, so that you may ensure success in all the fields of activity by regular practice, by using your presence of mind. Skill and wisdom, you can become yogins and enjoy happiness and peace, whatever be the circumstances and conditions in which you are placed.


Convener

Academic Activity Committee



Principal

सरस्वती विद्या मन्दिर लो कालिज
शिकारपुर (बुलन्दशहर)



SARASWATI VIDYA MANDIR LAW COLLEGE
SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Syllabus-

- Origin, History and development of yoga
- basic concepts of yoga
- Basic information of yoga.
- Major principles of yoga.
- Difference between yoga and meditation.
- Muscle cramps in yoga.
- Basic importance of yoga.
- Who is the founder of yoga.
- Asanas/ShirShasana.
- Towers can be developed through yoga.

Course Co-ordinator

Principal

सरस्वती विद्या मन्दिर लो कालिज
शिकारपुर (बुलन्दशहर)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

Test Paper

Course Name - Basics of yoga

Semester : LL.B. Ist Year

Time : 3 Hr.

Max : 100

Attempt any five questions. Each question carries 20 marks.

- Q.1 What is yoga?
- Q.2 How is yoga different from meditation?
- Q.3 Do I have to practice all of the principles of Yoga to benefit from it?
- Q.4 How after and for how long should I do the asanas?
- Q.5 What is the basic knowledge of yoga?
- Q.6 What is najor principles of yoga?
- Q.7 Why is meditation better than yoga?
- Q.8 Why do people get muscle Gramps in yoga?
- Q.9 Who launched yoga day?
- Q.10 Which powers can be developed through yoga?



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

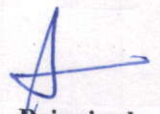
EVALUATION & CERTIFICATE LIST VALUE ADDED COURSE ON BASIC OF YOGA DATE :05 FEBRUARY TO 28 FEBRUARY 2020

SL.No.	STUDENT NAME	EVALUATION	CERTIFICATE	SIGNATURE
1	ANSHUL KUMAR MISHRA	75	Certificate	Anshul
2	ARUN KUMAR	70	Certificate	अरुण
3	ARVIND KUMAR TIWARI	60	Certificate	अरविन्द
4	AVNISH	72	Certificate	Avnish
5	Basaruddin	73	Certificate	Basaruddin
6	BHANU PRATAP	75	Certificate	भानुप्रताप
7	Chandra Bhan Singh	58	Certificate	चन्द्रभान
8	DAMINI RANI	59	Certificate	Damini
9	DANIYAL SAIFI	62	Certificate	Daniyal
10	DHEERESH KUMAR	70	Certificate	Dheeresh
11	DOLLY SHARMA	75	Certificate	डॉली
12	GAGAN DATT SHARMA	78	Certificate	GaganDatt
13	GAZANAND SOLANKI	75	Certificate	Gozanand
14	GIRISH KUMAR TOMAR	72	Certificate	Girish
15	GUNJAN	60	Certificate	Gunjan
16	HARENDRA KUMAR	58	Certificate	Harendra
17	HARSH AGRAWAL	60	Certificate	हरष
18	HARSH GUPTA	65	Certificate	Harsh
19	HEMABH AGRAWAL	72	Certificate	Hemabh
20	Himani Sharma	78	Certificate	Himani
21	HIMANSHU CHOPRA	80	Certificate	Himanshu
22	HITESH KUMAR	73	Certificate	Hitesh
23	JAGMOHAN SHARMA	75	Certificate	Jagmohan
24	KALPNA	60	Certificate	कल्पना
25	KAPIL ARORA	58	Certificate	Kapil
26	KAPIL DEV SHARMA	57	Certificate	कपिलदेव
27	KARAMVEER SINGH	68	Certificate	Karamveer
28	KASHIF RAZA	70	Certificate	Kashif
29	KHURRAM PARWEZ ANSARI	75	Certificate	Khurram Parwez
30	KINSHUK GOEL	72	Certificate	Kinshuk
31	KM SHASHI	60	Certificate	Shashi
2	KM ALKA	70	Certificate	अलका
	KM ANJLI	80	Certificate	Anjali

34	KM CHUNMUN	59	Certificate	Chunmun
35	KM MEENAKSHI YADAV	65	Certificate	meenakshi
36	KM NEHA GAUTAM	67	Certificate	नेहा
37	KM NISHA KUMARI	60	Certificate	Nisha
38	KM PRATIBHA SHARMA	62	Certificate	Pratibha
39	KM RUPAM KUMARI	—	—	Absent
40	KM. RENU	75	Certificate	Renu
41	KM. RUCHI SHARMA	72	Certificate	रुची
42	kumar gaurav singh	70	Certificate	Gaurav
43	LOKESH KUMAR	72	Certificate	Lokesh
44	MANOJ KUMAR	62	Certificate	Manoj
45	MOHD AZIM	64	Certificate	Azim
46	MOHIT KUMAR	66	Certificate	mohit
47	MOHIT KUMAR GAUTAM	60	Certificate	mohit
48	MOHIT KUMAR KATIYAR	70	Certificate	मोहित
49	MUNESH SINGH	62	Certificate	munes
50	NEELAM CHAUDHARY	69	Certificate	नीलम
51	NEERAJ KUMAR	80	Certificate	नीरज
52	NEERAJ KUMAR VARSHNEYA	—	—	Absent
53	Nishant Sirohi	73	Certificate	Nishant
54	NITIN VARSHNEYA	75	Certificate	Nitin
55	PANKAJ KUMAR	77	Certificate	Pankaj
56	PINTU KUMAR	72	Certificate	Pintu
57	PRAMOD KUMAR	70	Certificate	Pramod
58	PRATEEK SHARMA	75	Certificate	Prateek
59	PRIYANKA SINGH	—	—	Absent
60	PRIYANKA KM	70	Certificate	Priyanka

NUMBER OF STUDENT'S COMPLETE THE COURSE 57


Course Co-ordinator


Principal
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (बुलन्दशहर)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCI)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com


VALUE ADDED COURSE ON BASIC OF YOGA

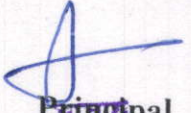
SESSION : 2020-21 COURSE : LL.B. 1 Year Duration : 40 Hours.

No. of Students Enrolled in the Course.

SL.No.	STUDENT NAME	FATHER NAME	COURSE & SEMESTER	MOBILE NO.
1	ANSHUL KUMAR MISHRA	PRABHAT KUMAR MISHRA	LL.B I SEMESTER	9761273444
2	ARUN KUMAR	VIRENDRA SINGH	LL.B I SEMESTER	9761602434
3	ARVIND KUMAR TIWARI	HARI PRASAD TIWARI	LL.B I SEMESTER	9412857999
4	AVNISH	NARANDRA SINGH	LL.B I SEMESTER	7983214358
5	Basaruddin	ABDUL SALAM	LL.B I SEMESTER	9368422219
6	BHANU PRATAP	VED PRAKASH	LL.B I SEMESTER	7302437185
7	Chandra Bhan Singh	Indra jeet singh	LL.B I SEMESTER	6395600401
8	DAMINI RANI	SUBODH	LL.B I SEMESTER	8607435350
9	DANIYAL SAIFI	ABDUL RASHED SAIFI	LL.B I SEMESTER	9997183600
10	DHEERESH KUMAR	RAM PHAL SINGH	LL.B I SEMESTER	8954565646
11	DOLLY SHARMA	YOGESH SHARMA	LL.B I SEMESTER	9897372555
12	GAGAN DATT SHARMA	SATYA PRAKASH	LL.B I SEMESTER	7900862002
13	GAZANAND SOLANKI	DHARMRAJ SOLANKI	LL.B I SEMESTER	7017946381
14	GIRISH KUMAR TOMAR	JAI PRAKASH TOMAR	LL.B I SEMESTER	9654776014
15	GUNJAN	VEER PAL SINGH	LL.B I SEMESTER	9368717019
16	HARENDRA KUMAR	DALIP SINGH	LL.B I SEMESTER	7428448997
17	HARSH AGRAWAL	YOGESH AGRAWAL	LL.B I SEMESTER	7983990383
18	HARSH GUPTA	PRADEEP KUMAR GUPTA	LL.B I SEMESTER	9720941669
19	HEMABH AGRAWAL	SUNIL AGRAWAL	LL.B I SEMESTER	9568679317
20	Himani Sharma	Brij kishore sharma	LL.B I SEMESTER	7456094329
21	HIMANSHU CHOPRA	INDER CHOPRA	LL.B I SEMESTER	9711743354
22	HITESH KUMAR	HARIRAJ SHARMA	LL.B I SEMESTER	7017729370
23	JAGMOHAN SHARMA	SHIVKUMAR SHARMA	LL.B I SEMESTER	9720568971
24	KALPNA	KEHARI SINGH	LL.B I SEMESTER	8860420258
25	KAPIL ARORA	JAGDISH CHAND ARORA	LL.B I SEMESTER	9310565490
26	KAPIL DEV SHARMA	RAM KUMAR SHARMA	LL.B I SEMESTER	9675643474
27	KARAMVEER SINGH	YESH PAL SINGH	LL.B I SEMESTER	8755113209
28	KASHIF RAZA	SHAMIM HAIDER	LL.B I SEMESTER	8285410001
29	KHURRAM PARWEZ	MOHD PARWEZ ANSARI	LL.B I SEMESTER	9358606218
30	KINSHUK GOEL	RAJESH KUMAR GOEL	LL.B I SEMESTER	8006866688
31	KM SHASHI	HARI PRASHAD	LL.B I SEMESTER	9870670806
32	KM ALKA	CHARAN SINGH	LL.B I SEMESTER	9536639050
33	KM ANJLI	PITAM SINGH	LL.B I SEMESTER	8650481895
34	KM CHUNMUN	RAJENDRA SHARMA	LL.B I SEMESTER	8057577600
35	KM MEENAKSHI YADAV	AJAYRAJ SINGH	LL.B I SEMESTER	9761789071
36	KM NEHA GAUTAM	RAJNI KANT GAUTAM	LL.B I SEMESTER	9759836246
37	KM NISHA KUMARI	DEVSWAROOP SINGH	LL.B I SEMESTER	8192990667

38	KM PRATIBHA SHARMA	KSHETRA PAL SHARMA	LL.B I SEMESTER	9719399258
39	KM RUPAM KUMARI	KRISHANPAL SINGH	LL.B I SEMESTER	9758503693
40	KM. RENU	SURENDRAPAL	LL.B I SEMESTER	9997911071
41	KM. RUCHI SHARMA	TEJPAL SHARMA	LL.B I SEMESTER	9457740976
42	kumar gaurav singh	naubat singh	LL.B I SEMESTER	8077740071
43	LOKESH KUMAR	RATAN LAL	LL.B I SEMESTER	7302069310
44	MANOJ KUMAR	SUBHASH CHANDRA	LL.B I SEMESTER	8430101000
45	MOHD AZIM	MOHD TAZDIK	LL.B I SEMESTER	9897775512
46	MOHIT KUMAR	YASPAL SINGH	LL.B I SEMESTER	9760027966
47	MOHIT KUMAR GAUTAM	MOHAN LAL	LL.B I SEMESTER	9639680827
48	MOHIT KUMAR KATIYAR	AVINASH KUMAR KATIYAR	LL.B I SEMESTER	9871196670
49	MUNESH SINGH	NEMPAL SINGH	LL.B I SEMESTER	6397142775
50	NEELAM CHAUDHARY	SOHAN PAL SINGH	LL.B I SEMESTER	9911223055
51	NEERAJ KUMAR	RAJENDRA SINGH	LL.B I SEMESTER	8126763900
52	NEERAJ KUMAR	PRAMOD KUMAR VARSHNEYA	LL.B I SEMESTER	9759404740
53	Nishant Sirohi	Sunil Kumar Sirohi	LL.B I SEMESTER	8077280546
54	NITIN VARSHNEYA	SUSHIL KUMAR	LL.B I SEMESTER	7982088301
55	PANKAJ KUMAR	RAKESH KUMAR	LL.B I SEMESTER	8077182133
56	PINTU KUMAR	JOGRAJ SINGH	LL.B I SEMESTER	7906542533
57	PRAMOD KUMAR	HET RAM SINGH	LL.B I SEMESTER	7409750530
58	PRATEEK SHARMA	RAVINDRA SHARMA	LL.B I SEMESTER	9870765264
59	PRIYANKA SINGH	HUKAM SINGH	LL.B I SEMESTER	7088202485
60	PRIYANKA KM	PRADEEP MISHRA	LL.B I SEMESTER	8937009737


Course Co-ordinator


Principal
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (बुलन्दशहर)



SARASWATI VIDYA MANDIR LAW COLLEGE

SHIKARPUR, BULANDSHAHR (U.P.)

(Affiliated to C.C.S. University Meerut & Approved by BCD)

College Mob.: 9258321275, 8218421248

Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

ATTENDANCE SHEET


VALUE ADDED COURSE ON BASIC OF YOGA

DATE: 05 FEBRUARY TO 28 FEBRUARY 2020

SL.No.	STUDENT'S NAME	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	
1	ANSHUL KUMAR MISHRA	P	P	P			P	P	A	P	P			P	P	A	P	P				P	P	P	P	A	
2	ARUN KUMAR	P	P	A			P	P	P	P	P			P	P	A	A	P				P	P	P	P	A	
3	ARVIND KUMAR TIWARI	P	A	P			P	P	P	P	P			P	P	A	P	P				P	P	P	P	A	
4	AVNISH	P	P	P			P	P	P	A	P			P	P	A	P	P				P	A	P	P	P	
5	Basaruddin	P	P	P			P	A	P	P	P			P	P	P	P	P				P	P	A	P	A	
6	BHANU PRATAP	P	P	P	S		A	P	P	P	P	S		P	P	A	P	P	S			P	P	A	P	P	
7	Chandra Bhan Singh	P	P	P	A		P	A	P	P	P	A		P	P	P	P	P	A			P	A	P	P	P	
8	DAMINI RANI	P	P	P	T		A	P	P	P	P	T		P	P	A	P	P	T			P	P	A	P	P	
9	DANIYAL SAIFI	P	P	P	U		P	P	P	P	A	U		P	P	P	A	P	U			P	A	P	P	P	
10	DHEERESH KUMAR	A	P	P	R		P	P	P	P	P	R		P	P	A	P	P	R			P	P	A	P	P	
11	DOLLY SHARMA	P	P	P	D		P	A	P	P	P	D		P	P	P	A	P	D			P	A	P	P	P	
12	GAGAN DATT SHARMA	P	P	A	A		P	P	P	P	P	A		P	P	P	P	P	A			P	P	P	P	A	
13	GAZANAND SOLANKI	P	A	P	Y		P	P	P	P	P	Y		P	P	A	P	P	Y			P	P	P	P	A	
14	GIRISH KUMAR TOMAR	P	P	P		S	P	P	P	A	P		S		P	P	P	A	P		S		P	P	P	A	
15	GUNJAN	P	P	P		U	P	A	P	P	P		U		P	P	A	P	P		U		P	P	P	P	
16	HARENDRA KUMAR	A	P	P		N	P	P	P	P	P		N		P	P	P	A	P		N		P	P	A	P	
17	HARSH AGRAWAL	P	P	P		D	P	A	P	A	P		D		P	A	P	A	P		D		P	P	P	P	
18	HARSH GUPTA	P	P	P		A	A	P	A	P	P		A		P	P	P	P	P		A		P	P	P	P	
19	HEMABH AGRAWAL	P	P	P		Y	P	A	P	P	P		Y		P	P	A	P	P		Y		P	A	P	P	
20	Himani Sharma	P	P	A			P	P	P	P	P				P	P	P	P	P				P	P	A	P	
21	HIMANSHU CHOPRA	P	P	P			P	A	P	P	P				P	P	P	P	P				P	A	P	P	
22	HITESH KUMAR	P	P	A			P	P	P	P	P				P	P	A	P	P				P	P	A	P	
23	JAGMOHAN SHARMA	A	P	P			P	P	P	P	P				P	P	P	A	P				P	P	A	P	
24	KALPNA	P	P	P			P	A	P	P	P				P	P	A	P	P				P	A	P	P	
25	KAPIL ARORA	P	P	A			P	P	P	P	P				P	P	P	A	P				P	P	A	P	
26	KAPIL DEV SHARMA	A	P	P			P	P	P	P	P				P	P	A	P	P				P	P	A	P	
27	KARAMVEER SINGH	P	P	P			P	A	P	P	P				P	P	P	A	P				P	P	P	P	
28	KASHIF RAZA	P	P	A			A	P	P	P	P				P	P	A	P	P				P	P	P	P	
29	KHURRAM PARWEZ ANSARI	P	A	P			P	P	P	P	P				P	P	P	A	P				P	P	P	P	
30	KINSHUK GOEL	P	P	P			P	A	P	P	P				P	P	A	P	P				P	P	P	P	
31	KM SHASHI	P	P	P			A	P	P	P	P				P	P	P	A	P				P	P	P	P	
32	KM ALKA	P	P	P			P	A	P	P	P				P	P	A	P	P				P	A	P	P	
33	KM ANJLI	P	P	P			A	P	P	P	P				P	P	P	A	P				P	P	A	P	
34	KM CHUNMUN	P	P	P			P	A	P	P	P				P	P	A	P	P				P	A	P	P	
35	KM MEENAKSHI YADAV	P	P	P			A	P	P	P	P				P	P	P	A	P				P	P	A	P	
36	KM NEHA GAUTAM	P	P	P			P	A	P	P	P				P	P	A	P	P				P	A	P	P	
37	KM NISHA KUMARI	P	P	A			P	P	P	P	P				P	P	A	P	P				P	P	A	P	
38	KM PRATIBHA SHARMA	P	P	P			P	A	P	P	P				P	P	P	A	P				P	A	P	P	
39	KM RUPAM KUMARI	P	P	P			P	A	A	A	A				A	A	A	A	A				A	A	A	A	A

40	KM. RENU	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P
41	KM. RUCHI SHARMA	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P
42	kumar gaurav singh	P	P	P	P	A	P	P	P	P	A	P	A	S	P	P	P	P	P
43	LOKESH KUMAR	P	A	P	A	P	P	A	P	A	P	P	A	P	P	P	P	P	P
44	MANOJ KUMAR	A	P	P	T	P	P	P	P	T	P	P	P	P	T	P	P	P	A
45	MOHD AZIM	P	A	P	U	P	A	P	P	P	U	P	P	P	A	P	U	P	P
46	MOHIT KUMAR	A	P	P	R	P	P	P	P	A	R	P	P	P	P	R	P	P	A
47	MOHIT KUMAR GAUTAM	P	A	P	D	P	P	A	P	P	D	P	P	P	D	P	P	P	P
48	MOHIT KUMAR KATIYAR	P	A	P	A	P	P	P	A	A	P	P	P	P	A	P	A	P	P
49	MUNESH SINGH	P	P	P	Y	P	A	P	P	P	Y	P	P	A	P	P	A	P	P
50	NEELAM CHAUDHARY	P	A	P	S	P	P	P	P	A	S	P	P	P	P	S	P	P	A
51	NEERAJ KUMAR	A	P	P	U	P	P	A	P	P	U	P	P	P	A	U	P	P	P
52	NEERAJ KUMAR VARSHNEYA	P	A	P	N	A	A	A	A	A	N	A	A	A	A	N	A	A	A
53	Nishant Sirohi	P	A	P	D	P	P	P	P	P	D	P	A	P	P	D	P	P	A
54	NITIN VARSHNEYA	P	P	A	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P
55	PANKAJ KUMAR	P	A	P	Y	P	P	A	P	P	Y	P	P	P	P	Y	P	P	A
56	PINTU KUMAR	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P
57	PRAMOD KUMAR	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
58	PRATEEK SHARMA	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P
59	PRIYANKA SINGH	P	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
60	PRIYANKA KM	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P


Course Co-Ordinator


Principal
सरस्वती विद्या मन्दिर ली कॉलेज
शिकारपुर (बुलन्दशहर)