



**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)
(2022-23)**

| | | | |
|---|---------|----------------------------|--|
| 1 | 2022-23 | 25-09-2022 | Awareness Program on Health, Environment & Hygiene |
| 2 | 2022-23 | 11 Oct to 30 Nov 2022 | Value Added Course on Menifestation Yoga |
| 3 | 2022-23 | 07 Nov to 28 Nov 2022 | Value Added Course on Sports and Fitness |
| 4 | 2022-23 | 27 Feb to 15 April 2023 | Value Added Course on Food Nutrition and Hygiene |
| 5 | 2022-23 | 04-04-2023 | One Day Workshop on First Aid & Health |
| 6 | 2022-23 | 21-06-2023 | Yoga Class on the Occasion of World Yoga Day |


प्रवाय
SARASWATI VIDYA MANDIR LAW COLLEGE
SHIKARPUR (BULANDSHAHR)



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Dated- 20 Sep 2022

It is hereby notified that to all concerned that **ENVIRONMENT ,HEALTH AND HYGIENE AWERNESS CAMPAINING** is being organized by Eco-system & Environment society of Saraswati Vidya Mandir Law College, Shikarpur, and Bulandshahr on 25/09/2022 from 11.30 A.M. in village- Pahadpur Hawali ,Shikarpur.

All student of LL.B. Final Year And all faculty are requested to make it convenient to attend the said Program.


CONVENER

Village adoption society


PRINCIPAL

प्राचार्य
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (बुलन्दशहर)

Copy to-

1. H.O.D.
2. Student Notice Board
3. Office File



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REPORT

ON

ENVIRONMENT, HEALTH AND HYGIENE AWEARNESS CAMPAINING

DATE : 25 September 2022

TIME : 10:00 AM Onwards

NAME OF FACULTY INVOLVED : Mr.Pramod Kumar Asst.Professor, Uttam Vir Singh, Asst.Professor

VENUE : Village- Pahadpur Hawali, Shikarpur

BENEFICIARIES : 450 people of Pahadpur Hawali, Shikarpur

Total No. of Participants : 60 students of LL.B. III Year

Introduction:

“Cleanliness is next to Godliness.”

It is the mantra of Mahatma Gandhi, Father of Nation. He demonstrated, propagated and insisted for individual and community cleanliness throughout his life. Following his footprints, Swachh Bharat Mission campaign achieved encouraging results. This vision will be translated into action by bringing in community participation for clean toilets and integrated waste management to make India open defecation free, zero waste, dust free, plastic free and green for good health.

LL.B Final students have organised rally to bring awareness to keep surrounding clean among community people residing at Pahadpur Hawali, Village, under the guidance of Assistant Professor Ms. Pramod Kumar and Mr, Uttam Vir Singh.



CENTRAL OBJECTIVE:

To contribute in Swachh Bharat Abhiyan activity & undertake cleanliness drive

ACTIVITIES:

It is everybody's responsibility and one should keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases.



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Final year students have organised rally to promote swachh bharat mission. To aware villager's for save environment, Health and Hygiene.

ग्राम पहाड़पुर हवेली में विशेष जागरूकता शिविर का आयोजन

सुलभ संदेश व्यूरे

शिकारपुर । सरस्वती विद्या मंदिर लॉ कॉलेज शिकारपुर बुलंदशहर के तत्वाधान में ग्राम पहाड़पुर हवेली में विशेष जागरूकता शिविर का आयोजन ग्राम दत्तक ग्रहण समिति के द्वारा लगाया गया। स्वच्छता परिवारण एवं स्वास्थ्य के प्रति ग्रामीण लोगों में जागरूति पैदा करना जिसका उद्देश्य था समिति के समन्वयक उत्तम चौधरी सिंह यादव तथा वरिष्ठ प्रवक्ता प्रमोद कुमार ने स्वास्थ्य जागरूकता एवं शिक्षा के द्वारा



समाज में व्याप्त कई बीमारियों तथा सजक वेतना के विषय में समझाया गांध में स्वच्छता के विशेष आयोजन करने पर जोर दिया गया। कार्यक्रम में विधि के अनेक छात्रों ने गांध में धूम-धूम कर गलियों में प्रमोण लोगों को उपरोक्त जागरूकता दी जिसमें मुख्य रूप से छात्र सचिन गौतम ओम खतिवडा अक्षय सूर्य प्रताप जग में आकाश चौधरी अशकाश दीपांसु शर्मा आदि प्रमुख छात्र उपस्थित रहे कार्यक्रम का संचालन समिति के संयोजक श्री उत्तम चौधरी सिंह यादव जी ने किया।

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सरस्वती विद्या मंदिर लॉ कॉलेज
शिकारपुर (बुलंदशहर)



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ENVIRONMENT, HEALTH AND HYGIENE AWEARNESS CAMPAINING

ATTENDANCE SHEET

Date:- 25/09/2022

| SL.No. | STUDENT NAME | COURSE | SEMESTER | SIGNATURE |
|--------|---------------------|--------|------------|----------------------|
| 1 | AAKANSHA SHARMA | LL.B | V SEMESTER | |
| 2 | AKARSH CHAUDHARY | LL.B | V SEMESTER | <i>Akarsh</i> |
| 3 | ALKA GOYAL | LL.B | V SEMESTER | <i>Alka</i> |
| 4 | ANKIT GAUR | LL.B | V SEMESTER | <i>Ankit</i> |
| 5 | ANKIT PANWAR | LL.B | V SEMESTER | |
| 6 | ANKUR VERMA | LL.B | V SEMESTER | |
| 7 | ANURADHA KUMARI | LL.B | V SEMESTER | <i>Anuradha</i> |
| 8 | ANURAG BARGOTI | LL.B | V SEMESTER | <i>ANURAG</i> |
| 9 | APARNA SIROHI | LL.B | V SEMESTER | <i>Aparna</i> |
| 10 | ARPITA SINGHAL | LL.B | V SEMESTER | |
| 11 | ARVIND SHARMA | LL.B | V SEMESTER | <i>ARVIND SHARMA</i> |
| 12 | ASHIF KHAN | LL.B | V SEMESTER | <i>Ashif</i> |
| 13 | BHARAT PRATAP SINGH | LL.B | V SEMESTER | |
| 14 | BHARAT RAHEJA | LL.B | V SEMESTER | <i>Bharat</i> |
| 15 | BHAVNA SHARMA | LL.B | V SEMESTER | <i>Bhavna</i> |
| 16 | BHAVNA SHARMA | LL.B | V SEMESTER | |
| 17 | SHARMA | LL.B | V SEMESTER | |
| 18 | VERMA | LL.B | V SEMESTER | <i>Verma</i> |
| 19 | CHARU DUTT | LL.B | V SEMESTER | |
| 20 | DEEPAK | LL.B | V SEMESTER | <i>Deepak</i> |
| 21 | DILDAR AHMAD KHAN | LL.B | V SEMESTER | <i>Dildar</i> |
| 22 | GAURAV GOEL | LL.B | V SEMESTER | <i>Gaurav</i> |
| 23 | GAURAV KUMAR | LL.B | V SEMESTER | |
| 24 | GEETA | LL.B | V SEMESTER | <i>Geeta</i> |
| 25 | GOVIND GOSWAMI | LL.B | V SEMESTER | <i>Govinda</i> |
| 26 | HARENDRA KUMAR | LL.B | V SEMESTER | |
| 27 | HARPAL SINGH | LL.B | V SEMESTER | <i>HARPAL</i> |
| 28 | HARSH KUMAR DIXIT | LL.B | V SEMESTER | <i>Harsh</i> |
| 29 | HEMLATA GAUR | LL.B | V SEMESTER | <i>Hemlata</i> |
| 30 | HUNNY | LL.B | V SEMESTER | <i>Hunny</i> |
| 31 | IQRAR AHMAD | LL.B | V SEMESTER | <i>Iqrar</i> |
| 32 | JAN MOHMMAD | LL.B | V SEMESTER | |
| 33 | SHARMA | LL.B | V SEMESTER | |
| 34 | JITENDRA SINGH | LL.B | V SEMESTER | <i>Jitendra</i> |
| 35 | KM DEEPTI SHARMA | LL.B | V SEMESTER | |
| 36 | KM RADHIKA | LL.B | V SEMESTER | <i>Radha</i> |

| | | | | |
|----|---------------------|------|------------|----------------------|
| 37 | KMRASHMI | LL.B | V SEMESTER | |
| 38 | KRISHNA KUMAR | LL.B | V SEMESTER | KRISHNA |
| 39 | KUNAL CHOUDHARY | LL.B | V SEMESTER | Chaudhary |
| 40 | KUNVAR SHIVALIK | LL.B | V SEMESTER | KUNVAR |
| 41 | LAKHAN GOYAL | LL.B | V SEMESTER | |
| 42 | LOKESH KUMAR | LL.B | V SEMESTER | Lokesh |
| 43 | LOVE KRISHNA MITTAL | LL.B | V SEMESTER | |
| 44 | MAHESH CHAND MAHUR | LL.B | V SEMESTER | |
| 45 | MANISH KUMAR SAINI | LL.B | V SEMESTER | Manish |
| 46 | MEENU CHAUDHARY | LL.B | V SEMESTER | |
| 47 | KHAN | LL.B | V SEMESTER | Khan |
| 48 | MOHD KHALID | LL.B | V SEMESTER | Mohd Khan |
| 49 | MOHIT KUMAR | LL.B | V SEMESTER | |
| 50 | MOHIT KUMAR SHARMA | LL.B | V SEMESTER | |
| 51 | MOHIT SHARMA | LL.B | V SEMESTER | |
| 52 | MUKESH KUMAR | LL.B | V SEMESTER | Mukesh |
| 53 | NAMAN GARG | LL.B | V SEMESTER | Naman Garg |
| 54 | NAMAN JAIN | LL.B | V SEMESTER | Naman |
| 55 | NAVEEN KUMAR SHARMA | LL.B | V SEMESTER | |
| 56 | NIDHI | LL.B | V SEMESTER | Nidhi |
| 57 | PALAK GOYAL | LL.B | V SEMESTER | Palak |
| 58 | PANKAJ MAHESHWARI | LL.B | V SEMESTER | Pankaj |
| 59 | PIYUSH KUMAR | LL.B | V SEMESTER | Piyush |
| 60 | PRABHAT RAGHAV | LL.B | V SEMESTER | |
| 61 | RAJPUT | LL.B | V SEMESTER | Rajput |
| 62 | PRAKHAR | LL.B | V SEMESTER | Prakhar |
| 63 | PRAMENDRA SAHGAL | LL.B | V SEMESTER | PRASHANT |
| 64 | PRASHANT KUMAR | LL.B | V SEMESTER | Prashant |
| 65 | PRASHANT KUMAR | LL.B | V SEMESTER | |
| 66 | PRASHANT VERMA | LL.B | V SEMESTER | |
| 67 | PREM KUMAR SINGH | LL.B | V SEMESTER | Prem |
| 68 | PRIYA GOEL | LL.B | V SEMESTER | PRIYA |
| 69 | PRIYANK KAUSHIK | LL.B | V SEMESTER | Priyank |
| 70 | PRIYANK SINGH | LL.B | V SEMESTER | |
| 71 | PUNIT KUMAR SHARMA | LL.B | V SEMESTER | Punit |
| 72 | UPADHYAY | LL.B | V SEMESTER | Upadhyay |
| 73 | RADHA | LL.B | V SEMESTER | Radha |
| 74 | RAGHUVENDRA GUPTA | LL.B | V SEMESTER | |
| 75 | RAHUL KUMAR SHARMA | LL.B | V SEMESTER | RAHUL |
| 76 | RAJU | LL.B | V SEMESTER | Raju |
| 77 | RAM KUMAR | LL.B | V SEMESTER | |
| 78 | RASHI SINGHAL | LL.B | V SEMESTER | |
| 79 | RENU | LL.B | V SEMESTER | RENU |
| 80 | ROHIT YADAV | LL.B | V SEMESTER | Rohit |
| 81 | RUPALI SHARMA | LL.B | V SEMESTER | |
| 82 | SANNO | LL.B | V SEMESTER | SANNO |

| | | | | |
|-----|---------------------|------|------------|---------------|
| 83 | SHAHIL MITTAL | LL.B | V SEMESTER | |
| 84 | SHASHANK | LL.B | V SEMESTER | SHASHANK |
| 85 | SHIVAM SHARMA | LL.B | V SEMESTER | |
| 86 | SHIVAM SINGH | LL.B | V SEMESTER | |
| 87 | SHUBHAM SHARMA | LL.B | V SEMESTER | |
| 88 | SONY | LL.B | V SEMESTER | Sony |
| 89 | SUDARSHAN KUMAR JHA | LL.B | V SEMESTER | SUDARSHAN |
| 90 | SUMIT KUMAR SHARMA | LL.B | V SEMESTER | |
| 91 | SUSHMITA | LL.B | V SEMESTER | Sushmita |
| 92 | TEJASHVI BHARDWAJ | LL.B | V SEMESTER | |
| 93 | CHAUHAN | LL.B | V SEMESTER | Om |
| 94 | TUSHAR AGARWAL | LL.B | V SEMESTER | |
| 95 | TUSHAR GARG | LL.B | V SEMESTER | UmARG- |
| 96 | UMANG SINGHAL | LL.B | V SEMESTER | |
| 97 | UMAR FAROOQ | LL.B | V SEMESTER | |
| 98 | VAIBHAV AGGARWAL | LL.B | V SEMESTER | Vaibhav |
| 99 | VINEETA | LL.B | V SEMESTER | VINEETA |
| 100 | VIPIN KUMAR JAIN | LL.B | V SEMESTER | |
| 101 | VISHAL PATHAK | LL.B | V SEMESTER | VISHAL PATHAK |
| 102 | WARIS KHAN | LL.B | V SEMESTER | |
| 103 | WASEEM SAIFI | LL.B | V SEMESTER | Waseem |



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गणपती कला मन्दिर लॉ कॉलेज
विशेषज्ञ (न्यायशास्त्र)



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**VALUE ADDED COURSE ON
MANIFESTATION YOGA**

SESSION : 2022-23

CLASS : LL.B. II YEAR (III SEMESTER)

COURSE LECTURER:

MR. MANDEEP CHAUDHARY

HOD of M.Sc.

SHYAMAL SARASWATI MAHAVIDYALAYA

SHIKARPUR, BULANDSHAHR

&

MR. AKSHAY KUMAR

ASSISTANT PROFESSOR

SARASWATI VIDYA MANDIR LAW COLLEGE,

SHIKARPUR, BULANDSHAHR



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Notice

Date:-15.09.2022

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 2022. Kindly Enroll till 30 September 2022. This course is for LL.B 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 2022.
- 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

Mr. Akshay Kumar (Assistant Professor)


Coordinator


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)
Principal

CC to:-

HoD

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PRAAKATYA YOG
(MANIFESTATION
YOGA)

Course Status : Regular
Duration : 40 Hours
Category : Manifestation Yoga
Level : Graduate
Start Date : 11-Oct, 2022
End Date : 30th Nov, 2022
Enrollment Ends : 30th Sep, 2022
Exam Date : 15th Dec, 2022

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. Praakatya Yog 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 trillionth 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.

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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


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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


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Test Paper

Course Name- Manifestation Yoga

Semester : II Year (III Semester)

Time; 3 Hours

Class: LL.B.

Max: 100 Marks

नोट :- सभी प्रश्न अनिवार्य हैं।

01. योग शब्द की उत्पत्ति किस भाषा से हुई ?
02. प्राणायाम की अवस्थाएँ हैं ?
03. योग का जन्मदाता देश है।
04. भारत में योग का इतिहास कितना पुराना 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 योगा का उद्देश्य बताइए ?
10. अभिव्यक्ति के बारे में बाईबल क्या कहती हैं ?
11. योगा 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
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SARASWATI VIDYA MANDIR LAW COLLEGE
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(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 MENIFESTATION YOGA
SESSION : 2022-23 COURSE : LL.B. IInd Year Duration : 40 Hours.

| SL.No. | STUDENT NAME | FATHER'S NAME | COURSE & SEMESTER | MOBILE NO. |
|--------|------------------------|-------------------------|-------------------|------------|
| 1 | AAKASH AGARWAL | SANJAY KU AGARWAL | LL.B. IIIrd Sem | 8979790995 |
| 2 | ABHINAV SINGHAL | RAMESHWAR DAYAL SINGHAL | LL.B. IIIrd Sem | 6398998507 |
| 3 | ADITYA KUMAR | RAJ KUMAR | LL.B. IIIrd Sem | 8755505201 |
| 4 | ALIKA | TOOKI RAM SHARMA | LL.B. IIIrd Sem | 8923353851 |
| 5 | ALKA SINGH | JAI PRAKASH | LL.B. IIIrd Sem | 9458222305 |
| 6 | AMAN BHARDWAJ | AWDHESH KUMAR BHARDWAJ | LL.B. IIIrd Sem | 9760856780 |
| 7 | ANIKET SHARMA | HARIOM SHARMA | LL.B. IIIrd Sem | 8650182255 |
| 8 | ANISH AHMAD | ALI HASAN | LL.B. IIIrd Sem | 8279758681 |
| 9 | ANJALI | PRAMOD CHAUDHARY | LL.B. IIIrd Sem | 7830852993 |
| 10 | ANJUM | SAGEER AHMED | LL.B. IIIrd Sem | 6395547344 |
| 11 | ANKIT MITTAL | HARISH KUMAR MITTAL | LL.B. IIIrd Sem | 9456071569 |
| 12 | ANKIT SHARMA | RAJ PAL SHARMA | LL.B. IIIrd Sem | 7290992212 |
| 13 | ANSHU SHARMA | RAM AVTAR SHARMA | LL.B. IIIrd Sem | 8393021403 |
| 14 | ANURAG SHARMA | UMESH DUTT SHARMA | LL.B. IIIrd Sem | 9837385667 |
| 15 | ARVIND KUMAR | TOOKI RAM SHARMA | LL.B. IIIrd Sem | 9193665105 |
| 16 | ASHU | SATYAVEER SINGH | LL.B. IIIrd Sem | 9720446304 |
| 17 | ASHUTOSH MITTAL | NITIN KUMAR | LL.B. IIIrd Sem | 9897698298 |
| 18 | ASHUTOSH SHARMA | SUNIL SHARMA | LL.B. IIIrd Sem | 9045822045 |
| 19 | ASHWANI SARASWAT | MAHESH CHANDRA SARASWAT | LL.B. IIIrd Sem | 8410512856 |
| 20 | ATUL KUMAR | FAKIRA | LL.B. IIIrd Sem | 9917369494 |
| 21 | AYUSH KUMAR | VIKIL KUMAR | LL.B. IIIrd Sem | 7042500622 |
| 22 | AYUSH TYAGI | PRADEEP KUMAR TYAGI | LL.B. IIIrd Sem | 9711215137 |
| 23 | BALVINDER SINGH | HEMENDRA SINGH | LL.B. IIIrd Sem | 9412501347 |
| 24 | BHOORE SINGH | RAGHURAJ SINGH | LL.B. IIIrd Sem | 9675988839 |
| 25 | CHANCHAL | ARJUN SINGH | LL.B. IIIrd Sem | 9368838638 |
| 26 | CHANDRA KANT | BHAGVATI PRASAD | LL.B. IIIrd Sem | 8923310036 |
| 27 | DARAKSHAN | FAHIMUDDIN | LL.B. IIIrd Sem | 8979724571 |
| 28 | DEEPAK CHAUHAN | SURJEET SINGH CHAUHAN | LL.B. IIIrd Sem | 9599346411 |
| 29 | DEEPAK KUMAR SINGH | SUSHIL KUMAR SINGH | LL.B. IIIrd Sem | 7906989016 |
| 30 | DEEPAK SHARMA | RAM MILAN SHARMA | LL.B. IIIrd Sem | 9810117122 |
| 31 | DHARAM VEER | MAN SINGH | LL.B. IIIrd Sem | 9582322134 |
| 32 | DURGESH RANI | PRAMOD KUMAR | LL.B. IIIrd Sem | 8650863609 |
| 33 | DUSAYANT SINGH RATHAUR | DAL VIR SINGH | LL.B. IIIrd Sem | 9891313940 |
| 34 | GAGAN KISHOR SHARMA | KAUSHAL SHARMA | LL.B. IIIrd Sem | 9897660300 |
| 35 | GAURAV KUMAR | ASHOK KUMAR | LL.B. IIIrd Sem | 9897579790 |
| 36 | GHANENDRA SINGH | CHANDRAPAL SINGH | LL.B. IIIrd Sem | 9058515552 |

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|----|-----------------------------|---------------------------|-----------------|------------|
| 37 | GUDDU KUMAR | KISHORI LAL | LL.B. IIIrd Sem | 9720547419 |
| 38 | HARI GAURAV RAJPUT | SAHAB SINGH | LL.B. IIIrd Sem | 8218928871 |
| 39 | HARIOM | SHRI VISHWAMBHAR DAYAL | LL.B. IIIrd Sem | 9917313283 |
| 40 | HARSH VARDHAN SHANDILLYA | MAHESH CHANDRA SHARMA | LL.B. IIIrd Sem | 7217345342 |
| 41 | HARSHIT CHAOUDHARY | DINESH SINGH | LL.B. IIIrd Sem | 8860793298 |
| 42 | IMRAN KHAN | FAQRUDDIN KHAN | LL.B. IIIrd Sem | 9756595971 |
| 43 | JAI SHRI SHARMA | RAM PRASAD SHARMA | LL.B. IIIrd Sem | 8755568682 |
| 44 | JYOTI PAL | NETRAPAL SINGH | LL.B. IIIrd Sem | 8534041420 |
| 45 | KAPIL KUMAR | BHOGEN德拉 SINGH | LL.B. IIIrd Sem | 7983495033 |
| 46 | KARAN VARSHNE | SANDEEP KUMAR | LL.B. IIIrd Sem | 8445046928 |
| 47 | KARTIK AGARWAL | DEVENDRA KUMAR GARG | LL.B. IIIrd Sem | 7669907716 |
| 48 | KERAN SINGH | HUKAM SINGH | LL.B. IIIrd Sem | 8077112662 |
| 49 | KHUSHNUMA | ABDUL JABBAR | LL.B. IIIrd Sem | 8279758349 |
| 50 | KM ANJALI | LAXMAN SINGH | LL.B. IIIrd Sem | 6398184141 |
| 51 | KM ANNU | SURESH CHANDRA | LL.B. IIIrd Sem | 7017905915 |
| 52 | KM DURGESH | TOOKI RAM SHARMA | LL.B. IIIrd Sem | 7428944433 |
| 53 | KM PRIYANKA BHARTI | CHANDRAGYAN | LL.B. IIIrd Sem | 7906335360 |
| 54 | KRISHAN KUMAR SHARMA | NIRANJAN LAL SHARMA | LL.B. IIIrd Sem | 9536116367 |
| 55 | KRISHAN MOHAN YADAV | PRAKASH VEER YADAV | LL.B. IIIrd Sem | 7409730098 |
| 56 | MAMTA PAL | SIYARAM PAL | LL.B. IIIrd Sem | 9634956114 |
| 57 | MOHAMMAD DANISH SAIFI | ABDUL RASID SAIFI | LL.B. IIIrd Sem | 8586876752 |
| 58 | MOHAMMAD IRSHAD | SHAUKAT ALI KHAN | LL.B. IIIrd Sem | 9897724996 |
| 59 | MOHAMMAD NASIR | NASEER AHMAD | LL.B. IIIrd Sem | 6397675817 |
| 60 | MOHD BILAL | ABDUL SALAM | LL.B. IIIrd Sem | 9758568777 |


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VALUE ADDED COURSE ON MENIFESTATION YOGA

SESSION : 2022-23 COURSE : LL.B. IInd Year Duration : 40 Hours.

No. of students completing the course in the year.

(Attendance & Certificate List)

| SL.No. | STUDENT NAME | COURSE & SEMESTER | MOBILE NO. | SIGNATURE |
|--------|--------------------|-------------------|------------|-----------|
| 1 | AAKASH AGARWAL | LL.B. IIIrd Sem | 8979790995 | आकाश |
| 2 | ABHINAV SINGHAL | LL.B. IIIrd Sem | 6398998507 | Abhinav |
| 3 | ADITYA KUMAR | LL.B. IIIrd Sem | 8755505201 | आदित्य |
| 4 | ALIKA | LL.B. IIIrd Sem | 8923353851 | अलिका |
| 5 | ALKA SINGH | LL.B. IIIrd Sem | 9458222305 | Alka |
| 6 | AMAN BHARDWAJ | LL.B. IIIrd Sem | 9760856780 | Aman |
| 7 | ANIKET SHARMA | LL.B. IIIrd Sem | 8650182255 | Aniket |
| 8 | ANKIT SHARMA | LL.B. IIIrd Sem | 7290992212 | Ankit |
| 9 | ANSHU SHARMA | LL.B. IIIrd Sem | 8393021403 | Anshu |
| 10 | ANURAG SHARMA | LL.B. IIIrd Sem | 9837385667 | Anurag |
| 11 | ARVIND KUMAR | LL.B. IIIrd Sem | 9193665105 | Arvind |
| 12 | ASHU | LL.B. IIIrd Sem | 9720446304 | Ashu |
| 13 | ASHUTOSH MITTAL | LL.B. IIIrd Sem | 9897698298 | Ashutosh |
| 14 | ASHUTOSH SHARMA | LL.B. IIIrd Sem | 9045822045 | Ashutosh |
| 15 | ASHWANI SARASWAT | LL.B. IIIrd Sem | 8410512856 | Ashwani |
| 16 | ATUL KUMAR | LL.B. IIIrd Sem | 9917369494 | Atul |
| 17 | AYUSH KUMAR | LL.B. IIIrd Sem | 7042500622 | Ayush |
| 18 | AYUSH TYAGI | LL.B. IIIrd Sem | 9711215137 | Ayush |
| 19 | BALVINDER SINGH | LL.B. IIIrd Sem | 9412501347 | Balvinder |
| 20 | BHOORE SINGH | LL.B. IIIrd Sem | 9675988839 | Bhoore |
| 21 | CHANCHAL | LL.B. IIIrd Sem | 9368838638 | Chanchal |
| 22 | CHANDRA KANT | LL.B. IIIrd Sem | 8923310036 | Chandra |
| 23 | DARAKSHAN | LL.B. IIIrd Sem | 8979724571 | Darakshan |
| 24 | DEEPAK CHAUHAN | LL.B. IIIrd Sem | 9599346411 | Deepak |
| 25 | DEEPAK KUMAR SINGH | LL.B. IIIrd Sem | 7906989016 | Deepak |
| 26 | DEEPAK SHARMA | LL.B. IIIrd Sem | 9810117122 | Deepak |
| 27 | DHARAM VEER | LL.B. IIIrd Sem | 9582322134 | Deer |
| 28 | DURGESH RANI | LL.B. IIIrd Sem | 8650863609 | Durgesh |
| 29 | GAURAV KUMAR | LL.B. IIIrd Sem | 9897579790 | Gaurav |

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|----|----------------------|-----------------|------------|-----------|
| 30 | GHANENDRA SINGH | LL.B. IIIrd Sem | 9058515552 | Ghanendra |
| 31 | GUDDU KUMAR | LL.B. IIIrd Sem | 9720547419 | Guddu |
| 32 | HARI GAURAV RAJPUT | LL.B. IIIrd Sem | 8218928871 | Hari |
| 33 | HARIOM | LL.B. IIIrd Sem | 9917313283 | Hariom |
| 34 | HARSHIT CHAODHARY | LL.B. IIIrd Sem | 8860793298 | Harshit |
| 35 | IMRAN KHAN | LL.B. IIIrd Sem | 9756595971 | Imran |
| 36 | JAI SHRI SHARMA | LL.B. IIIrd Sem | 8755568682 | Jai Shri |
| 37 | JYOTI PAL | LL.B. IIIrd Sem | 8534041420 | Jyoti |
| 38 | KAPIL KUMAR | LL.B. IIIrd Sem | 7983495033 | Kapil |
| 39 | KARAN VARSHNE | LL.B. IIIrd Sem | 8445046928 | Karan |
| 40 | KARTIK AGARWAL | LL.B. IIIrd Sem | 7669907716 | Kartik |
| 41 | KERAN SINGH | LL.B. IIIrd Sem | 8077112662 | Keran |
| 42 | KHUSHNUMA | LL.B. IIIrd Sem | 8279758349 | Khushnuma |
| 43 | KM ANJALI | LL.B. IIIrd Sem | 6398184141 | Anjali |
| 44 | KM ANNU | LL.B. IIIrd Sem | 7017905915 | Annu |
| 45 | KM DURGESH | LL.B. IIIrd Sem | 7428944433 | Durgesh |
| 46 | KM PRIYANKA BHARTI | LL.B. IIIrd Sem | 7906335360 | Priyanka |
| 47 | KRISHAN KUMAR SHARMA | LL.B. IIIrd Sem | 9536116367 | Krishan |
| 48 | MOHAMMAD IRSHAD | LL.B. IIIrd Sem | 9897724996 | Irshad |
| 49 | MOHAMMAD NASIR | LL.B. IIIrd Sem | 6397675817 | Nasir |
| 50 | MOHD BILAL | LL.B. IIIrd Sem | 9758568777 | Bilal |

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Attendance Sheet

VALUE ADDED COURSE ON MENIFESTATION YOGA

Dates : 11/10/22 to 30/11/22

| SL.No. | Student's Name | | | | | | | | | | | | | | | | | | | | |
|--------|--------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | AAKASH AGARWAL | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 2 | ABHINAV SINGHAL | P | P | P | P | P | P | P | P | A | A | P | P | P | P | P | P | P | P | P | P |
| 3 | ADITYA KUMAR | P | P | P | P | P | P | P | P | P | P | P | P | P | A | A | P | P | P | P | P |
| 4 | ALIKA | A | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 5 | ALKA SINGH | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P |
| 6 | AMAN BHARDWAJ | P | P | A | P | P | A | P | P | P | P | P | P | P | A | P | P | P | P | P | P |
| 7 | ANIKET SHARMA | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 8 | ANISH AHMAD | P | P | P | P | P | P | P | A | P | P | A | P | P | P | P | P | P | P | P | P |
| 9 | ANJALI | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 10 | ANJUM | P | P | A | A | A | A | A | A | A | A | A | A | A | A | - | - | - | - | - | - |
| 11 | ANKIT MITTAL | P | P | P | A | A | A | A | A | A | A | A | A | A | A | - | - | - | - | - | - |
| 12 | ANKIT SHARMA | P | A | P | P | P | A | A | A | A | A | A | A | A | - | - | - | - | - | - | - |
| 13 | ANSHU SHARMA | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 14 | ANURAG SHARMA | P | P | P | P | P | P | P | P | A | P | P | P | P | A | P | P | P | P | P | P |
| 15 | ARVIND KUMAR | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 16 | ASHU | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 17 | ASHUTOSH MITTAL | P | P | A | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 18 | ASHUTOSH SHARMA | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 19 | ASHWANI SARASWAT | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 20 | ATUL KUMAR | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 21 | AYUSH KUMAR | P | P | P | P | P | P | P | A | P | P | P | P | P | A | P | P | P | P | P | P |
| 22 | AYUSH TYAGI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 23 | BALVINDER SINGH | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 24 | BHOORE SINGH | P | P | P | P | P | A | P | P | P | A | P | P | P | P | A | P | P | P | P | A |
| 25 | CHANICAL | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 26 | CHANDRA KANT | P | P | P | P | P | P | P | A | P | A | P | P | A | P | P | P | P | P | P | P |
| 27 | DARAKSHAN | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 28 | DEEPAK CHAUHAN | P | P | P | P | P | P | A | P | P | A | P | P | P | A | P | P | P | P | P | P |
| 29 | DEEPAK KUMAR SINGH | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 30 | DEEPAK SHARMA | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 31 | DHARAM VEER | P | P | P | P | P | P | P | A | P | P | A | P | P | P | P | P | P | P | P | P |

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|----|--------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 32 | DURGESH RANI | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 33 | DUSAYANT SINGH RATHAUR | P | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 34 | GAGAN KISHOR SHARMA | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 35 | GAURAV KUMAR | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P |
| 36 | GHANENDRA SINGH | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P |
| 37 | GUDDU KUMAR | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 38 | HARI GAURAV RAJPUT | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P |
| 39 | HARIOM | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P |
| 40 | HARSH VARDHAN SHANDILLYA | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 41 | HARSHIT CHAOU DHARY | P | P | A | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P |
| 42 | IMRAN KHAN | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P |
| 43 | JAI SHRI SHARMA | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 44 | JYOTI PAL | P | P | P | P | P | P | P | P | P | P | P | P | A | A | P | P | P | P |
| 45 | KAPIL KUMAR | P | P | P | P | A | A | A | P | P | P | P | P | P | P | P | P | P | P |
| 46 | KARAN VARSHNE | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 47 | KARTIK AGARWAL | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P |
| 48 | KERAN SINGH | P | P | P | P | P | P | P | P | A | P | P | A | P | P | P | P | P | P |
| 49 | KHUSHNUMA | P | P | A | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P |
| 50 | KM ANJALI | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P |
| 51 | KM ANNU | P | P | P | P | A | P | P | P | P | P | A | P | P | P | P | P | P | P |
| 52 | KM DURGESH | P | P | A | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P |
| 53 | KM PRIYANKA BHARTI | P | P | P | P | P | P | P | A | P | P | P | A | P | P | P | P | P | P |
| 54 | KRISHAN KUMAR SHARMA | P | P | A | P | P | P | P | P | A | P | P | P | P | P | P | P | P | P |
| 55 | KRISHAN MOHAN YADAV | A | P | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 56 | MAMTA PAL | P | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 57 | MOHAMMAD DANISH SAIFI | P | P | P | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 58 | MOHAMMAD IRSHAD | P | P | P | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P |
| 59 | MOHAMMAD NASIR | P | P | P | P | P | P | P | P | P | A | P | P | P | P | P | P | P | P |
| 60 | MOHD BILAL | P | P | P | P | P | P | P | P | P | P | P | A | A | P | P | P | P | P |


Course Co-Ordinator


Principal
Saraswati Vidya Mandir Law College
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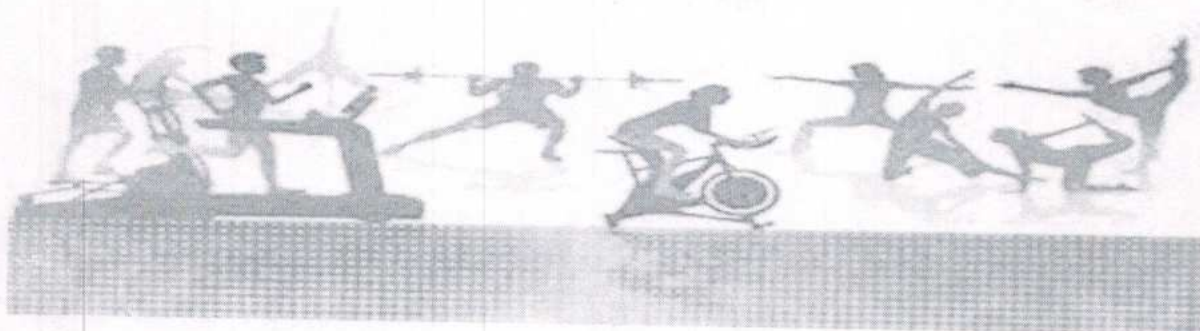
College Mob.: 9258321275, 8218421248

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

SARASWATI VIDYA MANDIR LAW COLLEGE
SHIKARPUR, BULANDSHAHR

Present

VALUE ADDED COURSE ON SPORTS AND FITNESS



SPORT & FITNESS

Session : 2022-23

Dated : 07 to 28 November 2022

External Resource Person : Mr. Brijpal Singh

HOD, Physical Deptt., Shyam Lal Saraswati Mahavidhyalaya, Shikarpur

Course Coordinator : Mr. Pramod Kumar (Asst.Prof.) SVMLC



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College Mob.: 9258321275, 8218421248

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

Date : 15-10-2022

Notice

Registration for value added course of on sports and fitness

Application are invited for the below mentioned certificate course offered by academic activity committee of Svm Law College, Shikarpur, Bulandshahr.

Course: value added course on sports and fitness

Duration: 32 hours

The registration for the course are open for LL.B Ist Year students .interested students are required it fill the registration form latest by 01-11-2022

Detail regarding course content and for any queries related to course.

Kindly contract Mr. Pramod Kumar : 9411861010

COURSE CO-ORDINATOR

PRINCIPAL

प्राध्याय
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (बुलन्दशहर)

CC:

1. Principal
2. Head of Department
3. Student Notice Board
4. 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 sports and fitness

1. Title of course: value added course on sports and fitness
2. Eligibility for Admission: LL.B. Ist Year students
3. Intake capacity: 60 students per Batch
4. Passing marks: The candidates must obtain 50% of the total marks in examination to pass the Course.
5. Selection first come first served basis.
6. Duration of course: 32 Hours
7. Number of Lecture: 16
8. Free: Non free
9. Teaching faculty Qualification: As per UGC norm
10. Centre: SVM Law college, Shikarpur, Bulandshahr
11. Level: Certificate Course
12. Pattern: Daily
13. Status: To be implemented from the Academic year 2022-23
14. Exam date

Date: 16.10.2022

Signature:


COURSE CO-ORDINATOR


PRINCIPAL

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VALUE ADDED COURSE ON SPORTS AND FITNESS

About the course

Through our sport and fitness courses, you'll study both the physical and psychological needs of sports men and women and exercise clients. You'll use audio-visual case studies and reflect on potential or actual situations in your own work or practice.

Resource person Mr. Brijpal singh (HoD) of physical education department from Shyamlall Mahavidhyalaya Shikarpur Buladshahr.

Course description

The course Sport and Fitness is designed to be a diverse sport and fitness qualification with a focus on practical application of skills that enables you to put theory into practice. This course will provide scientific underpinning knowledge and technical skills in this specialist field, as well as a solid formation for a career in the sport and fitness industry.

Course Objectives

- To imbibe the significance of sports to promote health, fitness and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting and decision making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3S: strength, speed and Suppleness.





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Learning Outcomes

- Acquire values of cooperation, team spirit, determination, and endurance.
- Acquire good health and psychological well-being through sports participation.
- Apply the decision making-ability and goal-setting skills acquired through sports participation in everyday life.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelizing energy through sports Participation.


Course Coordinator


Principal

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SYLLABUS OF VALUE ADDED COURSE OF ON SPORTS AND FITNESS

Unit I: Rules and Techniques

- Rules of the Sport
- Techniques / skills in the sport/ Aerobic Skills
- marking of the court / field
- Outdoor Adventure Activity
- Skills learning in sports
- Group Games / Relays
- Participation in Intramural competitions

Unit II: Components of Fitness

- Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities.
- Skills learning and Participation in sports
- Group Games / Relays / Minor games
- Participation in Intramural competitions

Unit III: Benefits of sports and physical activity

- Effect of exercise on the body
- Organizing of a sports competition
- Balanced Diet

Practical

- Skills learning and participation in sports
- Group Games, / Relays /Step Aerobics
- Participation in Intramural competitions

Unit IV: Sports in Contemporary Times

- Honours and Awards associated with sports and Sportspersons
- Skills learning and Participation in sports
- Participation in Intramural competition

COURSE CO-ORDINATOR

PRINCIPAL

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Test Paper

Course Name: Value added Course on sports and fitness

Class: LL.B. Ist Year

Time: 3 Hours

Maximum : 100 Marks

Attempt any five question .each question carry 20 marks.

- Q.1. What is Benefits of sports and physical activity ?
- Q.2. What is Balanced Diet and components ?
- Q.3. What is Outdoor Adventure Activity and its kinds?
- Q.4. What is Group game and its importance ?
- Q.5. What is Techniques / skills in the sport ?
- Q.6. What is Basic Rules and Techniques of sports ?
- Q.7. What is Components of Fitness ?
- Q.8. What is importance of sports and fitness in our life ?



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

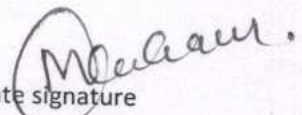
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College Mob.: 9258321275, 8218421248

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


Registration form

Value added course on sports and fitness

Students name- Mayank Gaur date- 10.10.2022
Father name - Narish Chandra Gaur
Class - U.B I year.
Gender- male
Category - Gen.
Email Id - may.4123@gmail.com.
Mobile no.- 9469320160
Address- Muftibada Bulandshahr.
Candidate signature 


Course co-ordinator

Principal


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Course Feedback Form

Course title: value added course on sports and fitness

Students name: *Mihit Uppadhaya*

Class: *UB 5 year*

Date: *30 Nov 2022*

Please fill the short questionnaire to make the course better -

The Design of the course

A. The course contents met with your expectations.

1-Strongly disagree

2- Strongly agree

B. The lecture was well planned

1-Strongly disagree

2- Strongly agree

C. The content were illustrated with

1- Too few example

2- adequate example

D. The level of course was

1- Too low

2- Too high

The conduct of the course

A. The lectures were clear and easy to understand

1-Strongly disagree

2- Strongly agree

B. The course material handed out was

1-Strongly disagree

2- Strongly agree

C. The instructors encouraged interaction and were helpful

1-Strongly disagree

2- Strongly agree

D. Were objective of the course realized?

YES/ NO

Muc



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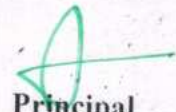
Website : www.svmlawcollege.com, E-mail Id : svmlawcollege@gmail.com

VALUE ADDED COURSE ON SPORTS AND FITNESS
SESSION : 2022-23 COURSE : LL.B. 1 Year Duration : 32 Hours.
No. of Students Enrolled in the Course.

| SL.No. | STUDENT NAME | FATHER NAME | COURSE & SEMESTER | MOBILE NO. |
|--------|------------------------|----------------------------|-------------------|------------|
| 1 | JATIN KUMAR | PAWAN KUMAR | LL.B | 8445611884 |
| 2 | JAVED KHAN | CHAMAN KHAN | LL.B | 7983065456 |
| 3 | JITENDRA KUMAR | UDAL SINGH | LL.B | 9899021283 |
| 4 | KAMAKSHI SINGH CHAUHAN | PRATHAVI RAJ SINGH CHAUHAN | LL.B | 7505048588 |
| 5 | KAPIL SHARMA | ANIL SHARMA | LL.B | 9582499761 |
| 6 | KAUSHAL KUMAR | NARENDRA SINGH | LL.B | 9536959510 |
| 7 | KESHAV JINDAL | NEERAJ JINDAL | LL.B | 9219313050 |
| 8 | KHUSBOO | BHARAT SINGH | LL.B | 9358045538 |
| 9 | KHUSH AGARWAL | RAJEEV AGARWAL | LL.B | 7078351785 |
| 10 | KM AAYSHA | MO FURKAN | LL.B | 9528026143 |
| 11 | KM DIKSHA | DINESH KUMAR | LL.B | 7505579341 |
| 12 | KM GUNJAN SHARMA | NARESH CHAND SHARMA | LL.B | 8006848180 |
| 13 | KM SHIKHA | PRAMOD KUMAR SHARMA | LL.B | 8439887502 |
| 14 | KM YASHI PRABHAT | KANCHI LAL PRABHAT | LL.B | 8445491411 |
| 15 | KOMAL | MUKESH KUMAR | LL.B | 9389284571 |
| 16 | KRISHAN KUMAR VERMA | GANGA SHARAN VERMA | LL.B | 9027338977 |
| 17 | KRISHN KUMAR SINGH | JUGENDRA SINGH | LL.B | 9720934569 |
| 18 | KULDEEP SINGH | PREM SHANKER SINGH | LL.B | 8077237839 |
| 19 | KULDEEP SINGH | CHANDERPAL SINGH | LL.B | 9643010557 |
| 20 | KULDEEP YADAV | DEVANDRA SINGH | LL.B | 9627145119 |
| 21 | KUMKUM | JAI PRAKASH | LL.B | 8171391851 |
| 22 | KUNAL SHARMA | JAGDISH SHARMA | LL.B | 6398255459 |
| 23 | KUNALKAUSHIK | RAJBEER SHARMA | LL.B | 7417931915 |
| 24 | LALIT GUPTA | JAI PRAKASH GUPTA | LL.B | 8744828434 |
| 25 | LALIT KUMAR | OMKAR SINGH | LL.B | 8006486092 |
| 26 | LALIT KUMAR | DHARAMVEER SINGH | LL.B | 7310518797 |
| 27 | LALIT KUMAR SHARMA | KSHETRAPAL SHARMA | LL.B | 9720068090 |
| 28 | LOVE KISHOR SAHAI | NIROTTAM SINGH | LL.B | 9536599870 |
| 29 | MADHU | ASHOK KUMAR PALIWAL | LL.B | 6396557019 |
| 30 | MANENDRA KUMAR | NARENDRA PAL SINGH | LL.B | 6395638352 |
| 31 | MANISH GUPTA | DEVENDRA KUMAR GUPTA | LL.B | 9411969328 |
| 32 | MANISHA | AMAN TEOTIA | LL.B | 8218996670 |
| 33 | MANJALI CHAUDHARY | PRAMOD | LL.B | 7830852993 |
| 34 | MANMOHAN GUPTA | SUSHIL KUMAR GUPTA | LL.B | 7618556031 |
| 35 | MAYANK GAUR | NARESH CHANDRA GAUR | LL.B | 8447167174 |
| 36 | MD AAQIB | SABUDDIN | LL.B | 7210484658 |
| 37 | MEHJABI | ABDUL QAYYUM | LL.B | 9536192470 |

| | | | | |
|----|---------------------|------------------------|------|------------|
| 38 | MIHIR UPADHYAY | VIVEK UPADHYAY | LL.B | 6395220113 |
| 39 | MOH AALAM | ISLAM AHMED | LL.B | 9899767381 |
| 40 | MOH KUSH HAL | LIYAKAT ALI | LL.B | 8859609882 |
| 41 | MOHD ASIF KHAN | MUVEEN KHAN | LL.B | 9639482032 |
| 42 | MOHD HASIM | NOORHASAN | LL.B | 9627998620 |
| 43 | MOHD KHALID | MOHD USMAN | LL.B | 8476963699 |
| 44 | MOHIT KUMAR MAURYA | KALPNATH MAURYA | LL.B | 7053370791 |
| 45 | MOHIT SHARMA | VISHNU DUTT SHARMA | LL.B | 7217738547 |
| 46 | MRITYUNJAY SINGH | JAY SINGH | LL.B | 9720354938 |
| 47 | MUKESH SINGH | MAHESH SINGH | LL.B | 7668374865 |
| 48 | MUNESH CHAUDHARY | HARISH KUMAR | LL.B | 9045469432 |
| 49 | NARENDR KUMAR VERMA | TEEKAM SINGH | LL.B | 7830498602 |
| 50 | NEELAM KUMARI | BHAGWATI PRASAD SHARMA | LL.B | 7755095376 |
| 51 | NEELU VERMA | VIJAY KUMAR VERMA | LL.B | 9654665558 |
| 52 | NISHA | TAZ MOHAMMAD | LL.B | 9756238416 |
| 53 | NISHANT RAJORA | SATENDER RAJORA | LL.B | 8979312736 |
| 54 | NITESH KUMAR SHARMA | SOMVEER SHARMA | LL.B | 8218820624 |
| 55 | NITESH UPADHYAY | HARI OM SHARMA | LL.B | 8909720006 |
| 56 | PANKAJ SINGH | SOHAN PAL | LL.B | 9917043714 |
| 57 | PAWAN KUMAR LODHI | NARENDRA SINGH LODHI | LL.B | 9149115249 |
| 58 | POOJA | RAM SINGH | LL.B | 8650315673 |
| 59 | POOJA RAWAT | SUDHIR KUMAR | LL.B | 9568083743 |
| 60 | PRADEEP RAGHAV | RANVEER SINGH | LL.B | 7617481592 |


Course Co-ordinator


Principal
प्रवीण
सरस्वती विद्या मन्दिर लॉ कॉलेज
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Attendance Sheet


Value added Course on Sports and Fitness

Dates : 07 To 28 November 2022

| SL.No. | Student's Name | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|--------|------------------------|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | JATIN KUMAR | P | P | P | P | P | | | P | P | P | P | A | | | P | P | P | P | P | | | | | A |
| 2 | JAVED KHAN | P | P | P | P | P | | | P | P | P | P | | | | P | P | P | P | P | | | I | P | |
| 3 | JITENDRA KUMAR | A | P | P | P | P | | | P | P | P | A | P | | | P | P | P | A | P | | | | | P |
| 4 | KAMAKSHI SINGH CHAUHAN | P | P | P | P | P | | | A | P | P | P | P | | | A | P | P | P | P | | | | | P |
| 5 | KAPIL SHARMA | P | A | P | P | P | | S | P | P | P | P | P | | | P | A | A | P | P | | | | | P |
| 6 | KAUSHAL KUMAR | P | P | P | A | P | | U | P | P | P | P | P | | S | P | P | P | P | A | | | S | P | |
| 7 | KESHAV JINDAL | A | P | P | P | P | | N | P | A | P | P | P | | U | P | P | P | P | P | | | U | A | |
| 8 | KHUSBOO | P | P | A | P | P | | P | P | P | P | P | A | | N | P | P | P | P | P | | | N | P | |
| 9 | KHUSH AGARWAL | P | P | P | P | P | | A | P | P | P | A | P | | P | P | P | P | A | P | | | P | P | |
| 10 | KM AAYSHA | P | P | P | P | P | | Y | P | P | P | P | P | | A | P | P | P | P | P | | | A | P | |
| 11 | KM DIKSHA | P | P | A | P | P | | | P | P | P | P | P | | Y | P | A | P | P | A | | | Y | P | |
| 12 | KM GUNJAN SHARMA | P | P | P | A | P | | | P | P | A | P | P | | | A | P | A | P | P | | | | P | |
| 13 | KM SHIKHA | P | P | P | P | P | | | P | P | P | P | P | | | P | P | P | P | P | | | | P | |
| 14 | KM YASHI PRABHAT | A | P | P | P | A | | | P | P | P | P | P | | | P | A | | | | | | | | |
| 15 | KOMAL | P | A | P | P | P | | | A | P | P | P | P | | | P | P | P | P | P | | | | | A |
| 16 | KRISHAN KUMAR VERMA | P | P | P | P | P | | | P | P | P | P | A | | | P | P | P | P | A | | | | P | |
| 17 | KRISHN KUMAR SINGH | P | P | P | P | P | | | P | P | P | P | P | | | P | P | P | P | P | | | | P | |
| 18 | KULDEEP SINGH | P | P | A | P | A | | | P | P | P | A | P | | | P | P | P | P | P | | | | P | |
| 19 | KULDEEP SINGH | P | P | P | P | P | | | P | P | P | P | A | | | P | A | P | P | P | | | | P | |
| 20 | KULDEEP YADAV | P | P | P | P | P | | | P | A | P | P | P | | | P | P | P | P | P | | | | A | |
| 21 | KUMKUM | P | A | P | P | P | | | P | P | A | P | P | | | P | P | P | P | P | | | | P | |
| 22 | KUNAL SHARMA | P | P | P | P | A | | | P | A | P | P | P | | | A | P | P | P | P | | | | P | |
| 23 | KUNALKAUSHIK | P | P | P | A | P | | | P | P | P | P | P | | | A | A | | | | | | | | |
| 24 | LALIT GUPTA | P | A | P | P | P | | | P | P | P | P | P | | | P | A | P | P | P | | | | P | |
| 25 | LALIT KUMAR | A | P | P | P | P | | | P | P | P | P | P | | | P | P | P | P | A | | | | P | |
| 26 | LALIT KUMAR | P | P | P | P | P | | | A | P | P | A | P | | | P | P | A | P | P | | | | P | |
| 27 | LALIT KUMAR SHARMA | P | A | P | P | A | | | P | P | P | P | P | | | P | P | P | P | P | | | | P | |
| 28 | LOVE KISHOR SAHAI | P | P | P | P | P | | | P | A | P | P | P | | | A | P | P | P | P | | | | P | |
| 29 | MADHU | P | P | P | P | P | | | P | P | P | P | P | | | P | P | A | P | P | | | | A | |
| 30 | MANENDRA KUMAR | P | P | P | P | P | | | P | P | P | P | P | | | P | P | P | P | P | | | | P | |
| 31 | MANISH GUPTA | P | P | P | P | P | | | P | P | P | P | A | | | P | P | P | A | P | | | | P | |
| 32 | MANISHA | P | P | P | P | P | | | P | A | P | P | P | | | A | P | P | P | P | | | | P | |
| 33 | MANJALI CHAUDHARY | P | P | A | P | P | | | P | P | P | P | P | | | P | P | P | P | P | | | | P | |
| 34 | MANMOHAN GUPTA | P | P | P | P | P | | | P | P | P | P | P | | | P | P | P | P | P | | | | P | |

| | | | | | |
|----|---------------------|-----------|-----------|-----------|-----|
| 35 | MAYANK GAUR | P P P P P | P P P P P | P P P P P | P |
| 36 | MD AAQIB | P A P P P | P P P P P | P P P P P | A |
| 37 | MEHJABI | P P P A P | A P P P A | P P P P P | P |
| 38 | MIHIR UPADHYAY | P P P P P | P A P A P | P P P P A | P |
| 39 | MOH AALAM | P P P P A | S P P P P | S P P P P | S P |
| 40 | MOH KUSH HAL | P P P P P | U P P P A | U P P P A | U P |
| 41 | MOHD ASIF KHAN | P P P P P | N P P P P | N P P P P | N A |
| 42 | MOHD HASIM | P A P P P | D P P P P | D P P P P | D P |
| 43 | MOHD KHALID | P P P P A | A A P P P | A P P P P | A P |
| 44 | MOHIT KUMAR MAURYA | P P P A P | Y P P P P | Y A P P P | Y P |
| 45 | MOHIT SHARMA | P P A P P | P A P P A | P A P P P | P |
| 46 | MRITYUNJAY SINGH | A P P P P | P P P P P | P P P P P | P |
| 47 | MUKESH SINGH | P P P A A | P P P P P | P P P P A | P |
| 48 | MUNESH CHAUDHARY | P P P P P | P P P P P | P P P A P | P |
| 49 | NARENDR KUMAR VERMA | P P P P P | P P A P A | P A P P P | A |
| 50 | NEELAM KUMARI | P A P P P | P A P P P | P P P P P | P |
| 51 | NEELU VERMA | A P A P P | A A | | |
| 52 | NISHA | P P P P P | P P P P P | P P P P P | P |
| 53 | NISHANT RAJORA | P P P P A | P P A P P | P A P P P | P |
| 54 | NITESH KUMAR SHARMA | P A P P P | P P P P P | P P P A P | P |
| 55 | NITESH UPADHYAY | P P P P P | P A P P P | P P P P P | P |
| 56 | PANKAJ SINGH | P P P A P | P P P A P | P A A P P | P |
| 57 | PAWAN KUMAR LODHI | P P P P P | P P P P P | A P P A P | A |
| 58 | POOJA | P P P P P | P P P P A | P P P P P | P |
| 59 | POOJA RAWAT | P P A P P | P P A P P | P P P P P | P |
| 60 | PRADEEP RAGHAV | P P P P P | P P P P A | A P P P A | P |


Course Co-Ordinator


Principal

ब्रावाय
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (मुल्तान जिला)



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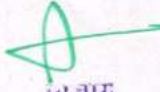
EVALUATION & CERTIFICATE LIST
VALUE ADDED COURSE ON SPORTS AND FITNESS.
DATE : 07 TO 28 NOVEMBER 2022

| SL.No. | STUDENT NAME | EVALUATION | CERTIFICATE | SIGNATURE |
|--------|------------------------|------------|-------------|-------------|
| 1 | JATIN KUMAR | 58 | Certificate | Jatin |
| 2 | JAVED KHAN | 62 | Certificate | Javed |
| 3 | JITENDRA KUMAR | 70 | Certificate | Jitendra |
| 4 | KAMAKSHI SINGH CHAUHAN | 68 | Certificate | Kamakshi |
| 5 | KAPIL SHARMA | 72 | Certificate | Kapil |
| 6 | KAUSHAL KUMAR | 65 | Certificate | Kaushal |
| 7 | KESHAV JINDAL | 74 | Certificate | Keshav |
| 8 | KHUSBOO | 75 | Certificate | Khushboo |
| 9 | KHUSH AGARWAL | 71 | Certificate | Khush |
| 10 | KM AAYSHA | 60 | Certificate | Aaysha |
| 11 | KM DIKSHA | 64 | Certificate | Diksha |
| 12 | KM GUNJAN SHARMA | 70 | Certificate | Gunjan |
| 13 | KM SHIKHA | 69 | Certificate | Shikha |
| 14 | KM YASHI PRABHAT | - | - | Absent |
| 15 | KOMAL | 66 | Certificate | Komal |
| 16 | KRISHAN KUMAR VERMA | 64 | Certificate | Krishan |
| 17 | KRISHN KUMAR SINGH | 67 | Certificate | Krishan |
| 18 | KULDEEP SINGH | 76 | Certificate | Kuldeep |
| 19 | KULDEEP SINGH | 59 | Certificate | Kuldeep |
| 20 | KULDEEP YADAV | 63 | Certificate | Kuldeep |
| 21 | KUMKUM | 73 | Certificate | Kumkum |
| 22 | KUNAL SHARMA | 71 | Certificate | Kunal |
| 23 | KUNALKAUSHIK | - | - | Absent |
| 24 | LALIT GUPTA | 77 | Certificate | Lalit Gupta |
| 25 | LALIT KUMAR | 74 | Certificate | Lalit |
| 26 | LALIT KUMAR | 75 | Certificate | Lalit |
| 27 | LALIT KUMAR SHARMA | 70 | Certificate | Lalit |
| 28 | LOVE KISHOR SAHAI | 62 | Certificate | Love |
| 29 | MADHU | 59 | Certificate | Madhu |
| 30 | MANENDRA KUMAR | 66 | Certificate | Manendra |
| 31 | MANISH GUPTA | 69 | Certificate | Manish |

| | | | | |
|----|---------------------|----|-------------|---------------|
| 32 | MANISHA | 76 | Certificate | Manisha |
| 33 | MANJALI CHAUDHARY | 73 | Certificate | Manjali |
| 34 | MANMOHAN GUPTA | 65 | Certificate | (M Gupta) |
| 35 | MAYANK GAUR | 69 | Certificate | Maank |
| 36 | MD AAQIB | 72 | Certificate | (M Gaur) |
| 37 | MEHJABI | 74 | Certificate | Mehab |
| 38 | MIHIR UPADHYAY | 70 | Certificate | (Mehab) |
| 39 | MOH AALAM | 68 | Certificate | M Aalam |
| 40 | MOH KUSH HAL | 56 | Certificate | Kushal |
| 41 | MOHD ASIF KHAN | 69 | Certificate | ASIF |
| 42 | MOHD HASIM | 71 | Certificate | (M Hasan) |
| 43 | MOHD KHALID | 66 | Certificate | Mohd Khalid |
| 44 | MOHIT KUMAR MAURYA | 67 | Certificate | Mohit |
| 45 | MOHIT SHARMA | 59 | Certificate | (M Sharma) |
| 46 | MRITYUNJAY SINGH | 64 | Certificate | (M Singh) |
| 47 | MUKESH SINGH | 65 | Certificate | Mukesh |
| 48 | MUNESH CHAUDHARY | 73 | Certificate | (M Chaudhary) |
| 49 | NARENDR KUMAR VERMA | 78 | Certificate | Narendra |
| 50 | NEELAM KUMARI | 69 | Certificate | Neelam |
| 51 | NEELU VERMA | - | - | Absent |
| 52 | NISHA | 70 | Certificate | Nisha |
| 53 | NISHANT RAJORA | 67 | Certificate | (Nishant) |
| 54 | NITESH KUMAR SHARMA | 74 | Certificate | NA 21 |
| 55 | NITESH UPADHYAY | 77 | Certificate | Nitesh |
| 56 | PANKAJ SINGH | 64 | Certificate | Nilesh |
| 57 | PAWAN KUMAR LODHI | 75 | Certificate | 497 |
| 58 | POOJA | 74 | Certificate | Pooja |
| 59 | POOJA RAWAT | 71 | Certificate | Sumit |
| 60 | PRADEEP RAGHAV | 73 | Certificate | Pradeep |

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 FOOD NUTRITION
AND HYGIENE

SESSION : 2022-23

CLASS : B.A.LL.B. IV & V YEAR

COURSE LECTURER:

MS. PALLAVI BHARDWAJ

ASSISTANT PROFESSOR

SHYAMLAL SARASWATI MAHAVIDYALAYA

SHIKARPUR, BULANDSHAHR

&

DR. GYANENDRA TRIPATHI

ASSISTANT PROFESSOR

SARASWATI VIDYA MANDIR LAW COLLEGE,

SHIKARPUR, BULANDSHAHR



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Date : 05.02.2023

NOTICE

Dear Students,


It is a Matter of Great pleasure that SVM Law college is going to start value added course on "**Food nutrition and Hygiene**" on 27 February 2023. Kindly Enroll till 22nd February 2023. This course is for B.A.LL.B IV & V Year students.

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

- The value added course for this semester will be held on 27 February 2023.
- 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. Gyanendra Tripathi (Coordinator)


Coordinator

CC to:-

HoD

Students Notice Board

Office File


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Session : 2022-23

Value Added Course

On

Food Nutrition and Hygiene

Course Status: Regular

Duration: 40 Hours

Category: Food Nutrition and Hygiene

Level: Graduate

Start Date: 27-Feb, 2023

End Date: 15th April 2023

Enrollment Ends: 22nd Feb 2023

Exam Date: 30th April 2023

Course Description- A food and nutrition course is a learning process that will enable you with the skills required to research, process, and preserve the nutritional components in our food. The nutritional components are protein, carbohydrates, vitamins, fiber, minerals and fat. The scope in food and nutrition courses is broad. The course provides students with the learning of the importance of nutrition in our food. It teaches them the skills and knowledge to preserve the nutritious elements in our diet with an aim to having a healthy diet. The degree covers in depth learning about nutrients, vitamins, food science, malnutrition, obesity management and various other subjects. Nutritional Science has its roots in life sciences; it encompasses both biological and social sciences. Nutrition plays a major role in enhancing the quality of life through improved physical growth, immune-competence and enhancing productivity with improved health. Social, economic and cultural factors influence food consumption pattern and thus nutrition status of


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the individual. Further, changes in nutrient composition during food processing and storage also needed to be studied. Thus our course offerings traverse the entire foods cape. The courses and learning experiences in the college are designed in such a way to provide both the biological and social science perspectives.

Course Objectives and Outcome- Students will be able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of communities. Students will be able to integrate knowledge and skills in food and nutrition with professional issues affecting the nutrition and or dietetics fields. Food Nutrition Hygiene aims is to utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes. To provide nutrition counseling and education to individuals, groups, and communities throughout the life's pan using a variety of communication strategies. To impart in-depth knowledge in the area of Food, Nutrition and its relation to health. To understand human physiological process and importance of nutrients in metabolism. To train the students to be inquisitive and think in an innovative way.


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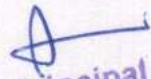
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Syllabus-

- 1- Concept of Food and Nutrition-A. Definition of food, Nutrients, Nutrition, Health,
- 2- Balanced Diet and Factors Affecting the Balanced diet
- 3- Nutrition and its Types
- 4- Meal Planning- Concept and factors affecting Meal Planning
- 5- Food groups and functions of food
- 6- Nutrients: Macro and Micro-Protein
- 7- Carbohydrate
- 8- Fats or Lipids
- 9- Vitamins, Mineral Salts
Water and Dietary Fiber
Growth of Child and Prenatal Nutrition
- 10- Breast/Formula Feeding
- 11- Complementary and Early Diet (6 Months to 2 Years)
- 12- Community Health Concept- An Introduction
- 13- Common Diseases Prevalent in Society and its Causes
- 14- Dietary Nutrition- National and International Program and Policies
- 15- Diet in Diabetes
- 16- Diet in Hypertension
- 17- Diet in Obesity
- 18- Constipation
- 19- Nutrition During Diarrhea
- 20- Diet in Fever- Typhoid
- 21- Immunity System and Immunity Booster Food


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

Test Paper

Course Name - FOOD NUTRITION AND HYGIENE

Class: B.A.LL.B.

Semester: IV & V Year

Time : 3 Hours

Max: 100 Marks

Attempt any five questions. Each question carries 20 marks.

- Q.1-Which are protective nutritional elements?
- Q.2- Malnutrition is caused by-
- Q.3-What are the functions of proteins?
- Q.4What is a complex carbohydrate?
- Q.5- Scurvy disease is caused by the deficiency of which vitamin?
- Q.6- What are the nutrition, define its concept, definition and utilization in food?
- Q.7- What is meal planning? What are the factors affecting meal planning?
- Q.8- Discuss the diet in hypertension.
- Q.9-Discussthe national and international program and policies in detail related to Dietary nutrition.
- Q.10- What type of diet a man should be taken in typhoid?


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VALUE ADDED COURSE ON FOOD NUTRITION AND HYGIENE

SESSION : 2022-23 COURSE : B.A.LL.B. IV & Vth Year Duration : 40 Hours.

No. of Students Enrolled in the Course

| SL.No. | STUDENT NAME | FATHER'S NAME | COURSE & SEMESTER | MOBILE NO. |
|--------|----------------------------|-------------------------|----------------------|------------|
| 1 | TUSHAR CHAUDHARY | PAPENDRA SINGH | B.A.LL.B. VIIIth Sem | 9193638846 |
| 2 | MONU | SUSHIL SINGH | B.A.LL.B. VIIIth Sem | 8954119931 |
| 3 | AMIR | ZANAB NAZRUDDIN | B.A.LL.B. VIIIth Sem | 8057876912 |
| 4 | SOORAJ SINGH | GANGA PRASAD | B.A.LL.B. VIIIth Sem | 7617526844 |
| 5 | KAJAL CHAUHAN | YASHPAL SINGH CHAUHAN | B.A.LL.B. VIIIth Sem | 8630378757 |
| 6 | LAV SHEKHAR | CHANDRA SHEKHAR | B.A.LL.B. VIIIth Sem | 9675032133 |
| 7 | JYOTI | BHOOP SINGH | B.A.LL.B. VIIIth Sem | 8273111329 |
| 8 | ABHISHEK KUMAR | PANKAJ KUMAR | B.A.LL.B. VIIIth Sem | 9536362346 |
| 9 | ANSHU GAUTAM | PUSHPENDRA KUMAR GAUTAM | B.A.LL.B. VIIIth Sem | 9412618267 |
| 10 | MOHIT KUMAR SHARMA | RAKESH SHARMA | B.A.LL.B. VIIIth Sem | 7078284664 |
| 11 | NEHA | RAJKUMAR | B.A.LL.B. VIIIth Sem | 9758297816 |
| 12 | MOHD SADIK | MOHRRAM ALI | B.A.LL.B. VIIIth Sem | 9899265214 |
| 13 | AKASH CHAUDHARY | AJEET SINGH | B.A.LL.B. VIIIth Sem | 7895825171 |
| 14 | SURYA PRATAP SINGH CHAUHAN | SANDEEP SINGH | B.A.LL.B. VIIIth Sem | 9389653831 |
| 15 | PRAGATI GOEL | KRISHAN MOHAN GOEL | B.A.LL.B. VIIIth Sem | 9528967105 |
| 16 | KHUSHBU BANO | AYYUB KHAN | B.A.LL.B. VIIIth Sem | 7037593843 |
| 17 | PUSHPENDRA KUMAR | BALVEER SINGH | B.A.LL.B. VIIIth Sem | 7668949383 |
| 18 | SHALINI | AJAY KUMAR | B.A.LL.B. VIIIth Sem | 8630870219 |
| 19 | GUNJAN SHARMA | MUKESH KUMAR SHARMA | B.A.LL.B. VIIIth Sem | 9675612184 |
| 20 | KM POONAM | PRAMOD SHARMA | B.A.LL.B. VIIIth Sem | 9258273246 |
| 21 | VANSHIKA | RAJENDRA KUMAR | B.A.LL.B. VIIIth Sem | 7302076152 |
| 22 | NEHA VERMA | JAGDISH VERMA | B.A.LL.B. VIIIth Sem | 8755828544 |
| 23 | SANGITA SHARMA | MAHESH CHANDRA SHARMA | B.A.LL.B. VIIIth Sem | 8859601625 |
| 24 | ARPITA SINGH | AMARJEET SINGH | B.A.LL.B. VIIIth Sem | 8630779740 |
| 25 | ANJALI CHAUHAN | NEERAJ CHAUHAN | B.A.LL.B. VIIIth Sem | 9911445411 |
| 26 | VARUN CHAUDHARY | DINESH KUMAR | B.A.LL.B. VIIIth Sem | 8630965259 |
| 27 | ADITYA SHARMA | SUNIL SHARMA | B.A.LL.B. VIIIth Sem | 9627305120 |
| 28 | KIRAN | PREETAM SINGH | B.A.LL.B. VIIIth Sem | 8279913676 |
| 29 | MOHAMMAD JUNED | HARUN KHAN | B.A.LL.B. VIIIth Sem | 9368550189 |
| 30 | HIMANSHU RAJPUT | TEJPAL SINGH | B.A.LL.B. VIIIth Sem | 9761818679 |
| 31 | ASHISH | LAKHMI CHAND TOMAR | B.A.LL.B. VIIIth Sem | 9719800015 |
| 32 | NARAYAN VASHISHT SAI | SUBHASH CHAND SHARMA | B.A.LL.B. VIIIth Sem | 7017350937 |
| 33 | HIMANSHU | DAVENDRA SINGH | B.A.LL.B. VIIIth Sem | 9627559515 |
| 34 | VISHAL | SURESH CHAND | B.A.LL.B. VIIIth Sem | 9761394478 |

Principal

| | | | | |
|----|--------------------------|----------------------|----------------------|------------|
| 35 | DINESH KUMAR | KUNVARPAL SINGH | B.A.LL.B. VIIIth Sem | 8077213124 |
| 36 | SHIV KUMAR SHARMA | AJAY SHARMA | B.A.LL.B. VIIIth Sem | 7505636703 |
| 37 | MUKUL CHAUDHARY | BIJAY PRAKASH | B.A.LL.B. VIIIth Sem | 7055066964 |
| 38 | RUPESH BALAYAN | RAMKHILONI SINGH | B.A.LL.B. VIIIth Sem | 8006414779 |
| 39 | KULDEEP KUMAR | SANTOSH SINGH | B.A.LL.B. VIIIth Sem | 7505771644 |
| 40 | MARYADA SINGH | PREMPAL SINGH | B.A.LL.B. Xth Sem | 9675413535 |
| 41 | POOJA BHARTI | KAMAL BHARTI | B.A.LL.B. Xth Sem | 6396776531 |
| 42 | SUMAYALA | MAHFOOJ | B.A.LL.B. Xth Sem | 8743576445 |
| 43 | SADHAN CHANDRA CHAKMA | SHANTI MOY CHAKMA | B.A.LL.B. Xth Sem | 8439447353 |
| 44 | PRATIKSHA | AJIT SINGH | B.A.LL.B. Xth Sem | 6398349355 |
| 45 | KHUSHBU | NIYADAR ALI | B.A.LL.B. Xth Sem | 9759459264 |
| 46 | DILSHAD | AAS MOHAMMAD | B.A.LL.B. Xth Sem | 9720505250 |
| 47 | SANJEEV KUMAR | OMPAL SINGH | B.A.LL.B. Xth Sem | 9389698690 |
| 48 | DIMPAL SINGH | MAHENDRA SINGH | B.A.LL.B. Xth Sem | 8958914049 |
| 49 | NAVJEET SINGH TOMAR | MAHIPAL SINGH | B.A.LL.B. Xth Sem | 8979049306 |
| 50 | NIKHIL GOYAL | BRAJESH GOYAL | B.A.LL.B. Xth Sem | 8936929600 |
| 51 | PAYAL VERMA | SANJAY KUMAR | B.A.LL.B. Xth Sem | 9760766952 |
| 52 | YASH KUMAR SINGHAL | MUKESH KUMAR SINGHAL | B.A.LL.B. Xth Sem | 8650505153 |
| 53 | JAGRATI ARORA | RAJ KUMAR ARORA | B.A.LL.B. Xth Sem | 8630740078 |
| 54 | NAVISHA SINGH | NARESH KUMAR SINGH | B.A.LL.B. Xth Sem | 9997209459 |
| 55 | KAPIL SAHAY | NOBAT SINGH | B.A.LL.B. Xth Sem | 6398052521 |
| 56 | GIRISH KUMAR | BANKE LAL | B.A.LL.B. Xth Sem | 9720361097 |
| 57 | LALI | MAHAVIR SINGH | B.A.LL.B. Xth Sem | 9759807330 |
| 58 | PRACHI | MANOJ KUMAR SHARMA | B.A.LL.B. Xth Sem | 8954174151 |
| 59 | SATENDRA KUMAR | OMPRAKASH SINGH | B.A.LL.B. Xth Sem | 8445657793 |
| 60 | NISHU | DHEERAJ SINGH | B.A.LL.B. Xth Sem | 9720019725 |


 Principal
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SESSION : 2022-23 COURSE : B.A.LL.B. IV & Vth Year Duration : 40 Hours.

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

| SL.No. | STUDENT NAME | COURSE & SEMESTER | MOBILE NO. | SIGNATURE |
|--------|----------------------------|----------------------|------------|---------------|
| 1 | TUSHAR CHAUDHARY | B.A.LL.B. VIIIth Sem | 9193638846 | Tushar |
| 2 | MONU | B.A.LL.B. VIIIth Sem | 8954119931 | Monu |
| 3 | AMIR | B.A.LL.B. VIIIth Sem | 8057876912 | Amir |
| 4 | SOORAJ SINGH | B.A.LL.B. VIIIth Sem | 7617526844 | Sooraj Singh |
| 5 | KAJAL CHAUHAN | B.A.LL.B. VIIIth Sem | 8630378757 | Kajal Chauhan |
| 6 | LAV SHEKHAR | B.A.LL.B. VIIIth Sem | 9675032133 | Lav shekhar |
| 7 | JYOTI | B.A.LL.B. VIIIth Sem | 8273111329 | Jyoti |
| 8 | ABHISHEK KUMAR | B.A.LL.B. VIIIth Sem | 9536362346 | Abhishek |
| 9 | ANSHU GAUTAM | B.A.LL.B. VIIIth Sem | 9412618267 | Anshu |
| 10 | MOHIT KUMAR SHARMA | B.A.LL.B. VIIIth Sem | 7078284664 | Mohit |
| 11 | NEHA | B.A.LL.B. VIIIth Sem | 9758297816 | Neha |
| 12 | MOHD SADIK | B.A.LL.B. VIIIth Sem | 9899265214 | Mohd. |
| 13 | AKASH CHAUDHARY | B.A.LL.B. VIIIth Sem | 7895825171 | Akash |
| 14 | SURYA PRATAP SINGH CHAUHAN | B.A.LL.B. VIIIth Sem | 9389653831 | Surya |
| 15 | PRAGATI GOEL | B.A.LL.B. VIIIth Sem | 9528967105 | Pragati |
| 16 | KHUSHBU BANO | B.A.LL.B. VIIIth Sem | 7037593843 | Khushbu |
| 17 | PUSHPENDRA KUMAR | B.A.LL.B. VIIIth Sem | 7668949383 | Pkumar |
| 18 | SHALINI | B.A.LL.B. VIIIth Sem | 8630870219 | Salini |
| 19 | GUNJAN SHARMA | B.A.LL.B. VIIIth Sem | 9675612184 | Gunjan |
| 20 | KM POONAM | B.A.LL.B. VIIIth Sem | 9258273246 | Poonam |
| 21 | VANSHIKA | B.A.LL.B. VIIIth Sem | 7302076152 | Vanshika |
| 22 | NEHA VERMA | B.A.LL.B. VIIIth Sem | 8755828544 | Neha |
| 23 | ARPITA SINGH | B.A.LL.B. VIIIth Sem | 8630779740 | Arpita |
| 24 | ANJALI CHAUHAN | B.A.LL.B. VIIIth Sem | 9911445411 | Anjali |
| 25 | VARUN CHAUDHARY | B.A.LL.B. VIIIth Sem | 8630965259 | Varun |
| 26 | ADITYA SHARMA | B.A.LL.B. VIIIth Sem | 9627305120 | Aditya |

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| | | | | |
|----|-----------------------|----------------------|------------|------------|
| 27 | KIRAN | B.A.LL.B. VIIIth Sem | 8279913676 | Kiran |
| 28 | MOHAMMAD JUNED | B.A.LL.B. VIIIth Sem | 9368550189 | Juned. |
| 29 | HIMANSHU RAJPUT | B.A.LL.B. VIIIth Sem | 9761818679 | Himanshu. |
| 30 | ASHISH | B.A.LL.B. VIIIth Sem | 9719800015 | Ashish |
| 31 | NARAYAN VASHISHT SAI | B.A.LL.B. VIIIth Sem | 7017350937 | Nayan. |
| 32 | HIMANSHU | B.A.LL.B. VIIIth Sem | 9627559515 | Himanshu |
| 33 | VISHAL | B.A.LL.B. VIIIth Sem | 9761394478 | Vishal. |
| 34 | DINESH KUMAR | B.A.LL.B. VIIIth Sem | 8077213124 | Vishal. |
| 35 | SHIV KUMAR SHARMA | B.A.LL.B. VIIIth Sem | 7505636703 | Shivkumar |
| 36 | MUKUL CHAUDHARY | B.A.LL.B. VIIIth Sem | 7055066964 | M Chaudry. |
| 37 | RUPESH BALAYAN | B.A.LL.B. VIIIth Sem | 8006414779 | Rupesh |
| 38 | KULDEEP KUMAR | B.A.LL.B. VIIIth Sem | 7505771644 | Kuldeep |
| 39 | MARYADA SINGH | B.A.LL.B. Xth Sem | 9675413535 | M Singh |
| 40 | POOJA BHARTI | B.A.LL.B. Xth Sem | 6396776531 | Pooja |
| 41 | SUMAYALA | B.A.LL.B. Xth Sem | 8743576445 | Sumayala |
| 42 | SADHAN CHANDRA CHAKMA | B.A.LL.B. Xth Sem | 8439447353 | Sadhan |
| 43 | PRATIKSHA | B.A.LL.B. Xth Sem | 6398349355 | Pratishka |
| 44 | KHUSHBU | B.A.LL.B. Xth Sem | 9759459264 | Khushbu |
| 45 | DILSHAD | B.A.LL.B. Xth Sem | 9720505250 | Dilshad. |
| 46 | SANJEEV KUMAR | B.A.LL.B. Xth Sem | 9389698690 | Sanjeev. |
| 47 | DIMPAL SINGH | B.A.LL.B. Xth Sem | 8958914049 | Dimpal. |
| 48 | PRACHI | B.A.LL.B. Xth Sem | 8954174151 | Prachi |
| 49 | SATENDRA KUMAR | B.A.LL.B. Xth Sem | 8445657793 | Satendra. |
| 50 | NISHU | B.A.LL.B. Xth Sem | 9720019725 | Nishu |


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

Notice

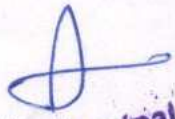
Workshop on First Aid For all teaching and Non-Teaching Staff

Date: 1st April, 2023

With great pleasure this is to inform that we are going to organize one day workshop on First Aid in our seminar Hall on 4th April, 2023 since 11:00 am. In this workshop Dr. Ashok Agarwal will be chief Guest and speaker as well.


Convener

Extra-curricular Activity Committee


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)

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

Date : 4th April, 2023 Workshop on First Aid and Health Class

Venue : Seminar Hall

Report Date : 5th April, 2023

Report of Workshop on First Aid

A hands-on workshop on first aid was conducted by SVM Law College, on 4th April, 2023 by Dr. Ashok Agarwal, of Jay Prakash Gupta Dharmarth Aushdhalaya, Shikarpur, Bulandshahr. Dr. Ashok Agarwal in his address said that the skill on first aid is very essential for the students and teachers. There are sports related injuries occur in colleges and thanked for organizing the workshop. Dr. Ashok emphasized on the importance of learning first aid and urged them to train other teachers and their students.



The workshop sessions focused on the basics of first aid, and how to provide first aid in wounds, bleeding, musculoskeletal injury, burns, heatstroke, poisoning, bites, drowning, fainting, seizures and unconsciousness. All teachers had hands-on experience of dressing the wound, applying different types of bandages, splinting the injured body part and transferring the victim. There was active participation by all the teachers and they expressed that the workshop will be very useful for them to meet the emergencies in school and colleges.


Co-Ordinator


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



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Attendance Sheet

One Day Workshop on First Aid & Health

| SL.No. | Name | Designation | Signature |
|--------|---------------------|---------------------|-----------------|
| 1 | PRAMOD KUMAR | Assistant Professor | Pramod K. |
| 2 | SANJAY KUMAR GUPTA | Assistant Professor | Sanjay K. Gupta |
| 3 | UTTAM VEER SINGH | Assistant Professor | उत्तम वीर सिंह |
| 4 | SWETA SINGH | Assistant Professor | Sweta Singh |
| 5 | ASHA SINGH | Assistant Professor | Ash Singh |
| 6 | VIKRAM PRATAP SINGH | Assistant Professor | Vikram |
| 7 | GIYANENDRA TRIPATHI | Assistant Professor | Gyanendra |
| 8 | MOHIT TYAGI | Assistant Professor | Mohit Tyagi |
| 9 | DR. SANGHITA RATHI | Assistant Professor | Sanghita R. |
| 10 | DR. ARVIND KUMAR | Assistant Professor | Arvind Kumar |
| 11 | AKSHAY KUMAR | Assistant Professor | Akshay |
| 12 | DR. ANUPAM KUMAR | Assistant Professor | Anupam |
| 13 | KM USHA | Assistant Professor | USHA |
| 14 | JUNE LEWALYN DSOUZA | Asst. Professor | June Lewalyn D. |
| 15 | AVDHESH KUMAR | " " " | Akumar |
| 16 | SHIVANGI | Asst. Professor | Shivangi |
| 17 | LAXMI | Asst. Professor | Laxmi |
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Co-Ordinator


Principal
Saraswati Vidya Mandir Law College
Shikarpur (Bulandshahr)



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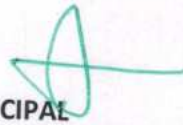
Dated- 17 June 2023

NOTIFICATION

It is hereby notified that to all concerned that **YOGA DAY** is being organized by **SPORTS COMMITTEE** Saraswati Vidya Mandir Law College, Shikarpur, and Bulandshahr on 21/06/2023 from 11.30 A.M. in College Campus.

All student And all faculty are requested to make it convenient to attend the said Program.


CONVENER
SPORTS COMMITTEE


PRINCIPAL
श्रीवाय
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर, बुलन्दशहर



**SARASWATI VIDYA MANDIR LAW COLLEGE
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REPORT

Event : Yoga Day

Date : 21 June 2023

Guest : Sumant Chakma (Yoga Instructor)

Venue : SVM Law college campus

Report Date : 22 June 2023


International Yoga Day 2023 was celebrated by the 40 students and 20 faculty / management and others members of SVM Law College. LL.B., B.A.LL.B. & LL.M. students took part in various activity. Students demonstrated Surya Namaskar and various aasan. warm up exercise were taken and all the students performed sitting and standing aasans, important of these were explain simultaneously. The celebration conduct with the speach by our principal sir. LL.M. student Sumant Chakma was instruct the yoga.



Shiva, shivani, Sakshi, Anzum ,chanchal, Rajeev, Ankit, Aakash Volunteers was present in those event. In which program college secretary Mr. Vipin Bansal, Treasurer Me. Jai Prakash Garg, Sangh Area executive association Mr. Gangaram , Principal Mr. N.K. Singh , Discipline officer Mr. Uttam Vir Singh , Mr. Sanjay Kumar Gaur, Dr. Arvind Kumar, Mrs. Rashmi Raghav, Ms. Laxmi, Mr. Nikhil Jain, Narendra Kumar, Gaurav Sharma, Pratik Nagar, Atar Singh, Shayam etc were present in program.


Convener

Sports Committee


Principal

प्रधानाचार्य
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकारपुर (बुलन्दशहर)



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

World Yoga Day 2023


ATTENDANCE SHEET

21-06-2023

| SL.No. | STUDENTES NAME | COURSE | SEMESTER | SIGNATURE |
|--------|----------------------|----------|----------|------------------|
| 1 | Ashish Kashyap | LL.B | 2nd | Ashish Kashyap |
| 2 | Madhu | L.L.B. | 2 Sem | Madhu |
| 3 | Pushpendra Singh | L.L.B. | II sem | Pushpendra Singh |
| 4 | Varen Shrivish | L.L.B. | III | Varen Shrivish |
| 5 | Khushnema | L.L.B. | 4th | Khushnema |
| 6 | Poocon Kumar | L.L.B. | 4th | P. Kumar |
| 7 | Sanjay | L.L.B. | 4th | Sanjay |
| 8 | Mohd. Danish Saifi | L.L.B. | IV sem | Danish Saifi |
| 9 | Deepak | L.L.B. | 6th | Deepak |
| 10 | Mahesh Chand Mahara | L.L.B. | 6 Sem | M.C. Mahara |
| 11 | Raghuendra Gupta | L.L.B. | | Raghuendra Gupta |
| 12 | Bhupesh Kumar Sharma | L.L.B. | 6 Sem | B.K. Sharma |
| 13 | Chalab Singh | B.A.LL.B | II nd | Chalab Singh |
| 14 | Poocon | BA.LL.B. | 2 sem | Poocon |
| 15 | Shiva | BA LLB | III | Shiva |
| 16 | Amratan | BA.LL.B | III | Amratan |
| 17 | Mukul Saini | BA.LL.B | 4th | Mukul Saini |
| 18 | Sanjana Kumari | BA.LL.B. | 4th | Sanjana Kumari |
| 19 | Vikas Saini | BA LLB | IV sem | Vikas Saini |
| 20 | Faisal Khan | BA LLB | IV sem | Faisal Khan |
| 21 | Shantana Sharma | B.A.LL.B | 6th | S. Sharma |
| 22 | Shivani | BA.LL.B. | V SEM | Shivani |
| 23 | Lavi Gupta | BA LLB | V SEM | Lavi Gupta |
| 24 | Shoqa Mittal | BA.LL.B. | VII | Shoqa Mittal |
| 25 | Vishal | B.A.LL.B | 8th | Vishal |
| 26 | Kiran | BA.LL.B. | VIII | Kiran |
| 27 | Sangita Sharma | BA.LL.B. | 9 Sem | Sangita |
| 28 | Monu | BA LLB. | 9 Sem | Monu |
| 29 | Navishe Singh | B.A.LL.B | Xth | Navishe |
| 30 | Nisher | BA LLB | 10 sem | Nisher |
| 31 | Payal Verma | BA LLB | 10 sem | Payal Verma |
| 32 | Varen Singh | BA LLB | XI | Varen Singh |
| 33 | Anjali | L.L.M | 4th | Anjali |
| 34 | Neeraj Yadav | L.L.M. | IV | Neeraj Yadav |
| 35 | Sachin Agarwal | L.L.M | V | Sachin |
| 36 | Shubham Verma | L.L.M. | VII | Shubham |
| 37 | Abha Singh | L.L.M. | 2nd | Abha Singh |
| 38 | Kaushik Jain | L.L.M | 2nd | Kaushik |
| 39 | Meenu Agrawal | L.L.M | II sem | Meenu Agrawal |
| 40 | Chalabh Agarwal | L.L.M. | II sem. | Chalabh Agarwal |
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Convener
Sports society


Principal
प्राचार्य
सरस्वती विद्या मन्दिर लॉ कॉलेज
शिकापपुर (बुलन्दशहर)