

CIRCULAR

**ARKA JAIN**
University
Jharkhand

SCHOOL OF HUMANITIES **DEPARTMENT OF FASHION DESIGN** **CIRCULAR**

Notice No: AJU/BA FD/244**Date: 24/12/ 2024**

Dear students,

This is to notify the department of Fashion Design is going to organize V.A.C - Value added course on **Know Breath: Know your Emotions**, a meditation session for mental well being will be held from **13th January to 18th February, 2025** at University Campus. Interested students please register by the given link below.

<https://forms.gle/DvzWi6zrunyv4459>**Note :** A minimum of 70% attendance is mandatory to obtain the certificate.

Event Coordinator-
Anup Kumar Singh
Assistant Professor
Dept. of Fashion Design


Program Co-ordinator
School of Humanities

Convenor
Usha Kiran Barla
Program Coordinator
Dept. of Fashion Design

Copy for information & necessary action please: -

1. PS to the Vice-Chancellor
2. PS to the Director
3. PS to the Registrar
4. Academic Coordinator
5. In charge Web services for Website
6. Notice Board
7. Faculty Members
8. Concerned semesters

VALUE ADDED COURSE YOGA AND MEDITATION AS SOURCE OF MENTAL HEALTH

Date of Event	13.01.2025 – 18.02.2025
Name of the Event	Yoga and meditation as source of mental health
Type of the Event	Value added course
Conducted by	Department of Fashion Design
No. Of Participants	42

OBJECTIVE:

- Explore, how breathing patterns influence emotional states and vice versa.
- Learn to recognize physiological signs of emotional shifts through breath awareness.
- Teach breathing techniques like alternate nostril breathing and other pranayams to handle stress and emotional well-being effectively.
- Foster emotional resilience and inner peace through meditation and breath control.
- Build habits that promote long-term emotional well-being and stress management.

The Department of Fashion Design organized a Value-Added Course on Know Breath: Know your Emotions. The chief aim of this course is to incorporate regular breathing practices into the participant's daily routine, which can serve as a powerful tool for emotional regulation and mental clarity for them.

About the Event:

The Department of Fashion Design of Arka Jain University organized a Value-Added Course on Know Breath: Know your Emotions. After the inaugural ceremony the Program coordinator, Ms. Usha Kiran Barla welcomed the speaker Mr. Ujjawal Kumar, Certified Yoga Teacher and Evaluator, Ayush Ministry, GOI.

Mr. Ujjawal Kumar commenced the Value-Added Course on Know Breath: Know your Emotions by delving into the foundational concepts of Yoga and Meditation as outlined in the Patanjali Yoga Sutras. He provided insights into the eightfold path of yoga (Ashtanga Yoga), emphasizing the significance of Yama and Niyama in shaping an individual's ethical and disciplined life.

Furthermore, he elaborated on the effectiveness of Pranayama—the art of controlled breathing—by explaining how different breathing techniques positively impact the mind and body, reduce stress, and enhance concentration. Additionally, Mr. Kumar distinguished between sleeping and Yoga Nidra, clarifying that while sleep is a passive

state of unconscious rest, Yoga Nidra is a systematic method of guided relaxation that allows one to enter a deep state of conscious awareness

The session laid a strong foundation for participants to understand that by consciously controlling the breath through different pranayams techniques, one can influence their emotional state, reduce stress, and enhance overall well-being.

Following Mr. Ujjawal Kumar's introduction to the foundational concepts of Yoga, Pranayam and Meditation, Anup Kumar Singh, Assistant Professor at Arka Jain University, led the subsequent sessions with a series of interactive and immersive experiences aimed at deepening participants' understanding and practice of holistic well-being.

His sessions focused extensively on various meditation techniques, where he explained the physiological and psychological benefits of meditation, emphasizing its role in reducing anxiety, enhancing focus, and promoting emotional resilience.

Along with meditation, Energizing and Cooling Pranayamas were introduced as powerful tools to regulate energy levels and balance the body's internal state. He taught different Pranayama techniques such as:

- Energizing Pranayamas (Kapalabhati and Bhastrika), which invigorate the body, clear mental fog, and boost vitality.
- Cooling Pranayamas (Sheetali and Sheetkari), which are particularly beneficial for stress reduction, emotional stability, and calming the nervous system.

Furthermore, he emphasized the importance of a healthy vegetarian diet in supporting mental and physical well-being. He highlighted the sattvic diet—rich in fresh fruits, vegetables, whole grains, nuts, and dairy—as the ideal food for maintaining inner peace and clarity of mind. He also discussed the adverse effects of processed and tamasic foods, encouraging mindful eating habits.


Through these interactive sessions, Anup Kumar Singh enabled participants to develop a comprehensive approach to self-care, integrating meditation, breathwork, and nutrition to enhance mental health and overall well-being.

Lastly, Ms. Usha Kiran Barla, Assistant Professor at ARKA JAIN University, wrapped up the session with insights into Mindfulness self-awareness and mental clarity, so that they can lead healthier and more balanced lives.

TAKEAWAY (OUTCOMES):

The course provided a toolkit of different breathing and pranayam techniques to manage their emotions effectively, leading to a more balanced and resilient emotional state.

POSTER OF THE EVENT



JGI ARKA JAIN University Jharkhand NAAC GRADE A ACCREDITED UNIVERSITY

Department of Fashion Design

Organizes

Value Added Course
on
Know Breath : Know Your Emotions

Duration -13th January to 18th February, 2025
Time- 10 AM Onwards
Course Duration - 35 hours
Blended Mode - Online & Offline -
FD Lab, Ground Floor,
Nagarjuna Block, AJU Campus

Resource Person

1.External-Mr. Ujjwal Kumar
Certified Yoga Teacher and Evaluator -
Ayush Ministry, GOI
Guest Faculty - IIM Bodh Gaya

2. Internal - Mr. Anup Kumar Singh
Certified Yoga and Meditation Instructor -
Ministry of Ayush
Assistant Professor - Arka Jain University
Masters in Design- Banaras Hindu University

Event Coordinator - Mr. Anup Kumar Singh
Convenor - Ms. Usha Kiran Barla

www.arkajainuniversity.ac.in

BROCHURE

**ARKA JAIN**
University
Jharkhand

Value Added Course on Know Breath: Know your Emotion

Department of Fashion Design
School of Humanities
Arka Jain University

**ARKA JAIN**
University
Jharkhand

Yogic Breathing

Emotional
Wellness

Mindfulness

Pranayama

Yog Nidra(Non
Sleep Deep Rest
Technique)

- Convenor – Ms. Usha Kiran Barla
- Coordinator – Mr. Anup Kumar Singh
- Course Developer and Instructor - Mr. Anup Kumar Singh
- Venue - Arka Jain University
- Mode of Learning – (In-person and Onkline)
- Course Duration – 35 Hours
- Duration – 13-01-2025 to 18-02-25
- Timing – 11am to 12:30pm
- Who can enroll – Students of all semester of Arka Jain University

Registration Link: <https://forms.gle/DvzWi6zrumvxx4459>

Program Outcomes (POs)

- **Enhanced Mental Well-being:** Participants experience reduced stress, anxiety, and depression through regular yoga and meditation practices.
- **Improved Focus and Concentration:** The techniques taught help enhance mindfulness and cognitive abilities.
- **Physical Health Benefits:** Strengthened body posture, flexibility, and overall physical fitness.
- **Emotional Resilience:** Increased emotional stability and the ability to handle life's challenges calmly.
- **Holistic Self-awareness:** Greater understanding and harmony between mind, body, and spirit.

Program Specific Outcomes(PSOs)

- **Integration of Yoga and Meditation into Daily Life for Enhanced Emotional Resilience:** Participants will be able to seamlessly integrate yoga, meditation, and breathing exercises into their daily life to maintain emotional balance, reduce anxiety, and increase resilience against life's challenges.
- **Mastery of Breath Control and Emotional Balance :** Participants will acquire proficiency in pranayama techniques to consciously control their breath, using it as a tool to manage and balance their emotions. They will learn to regulate their emotional responses in everyday situations, fostering inner peace and calm.
- **Increased Self-Awareness and Emotional Intelligence :**Participants will cultivate greater self-awareness and empathy, allowing them to better understand their emotional triggers and those of others. The course will help build emotional intelligence, enhancing interpersonal relationships and communication skills.
- **Cultivation of Holistic Wellness for Long-Term Emotional Health :** Participants will embrace a holistic approach to emotional and mental health, using yoga, meditation, and breathwork to promote long-term emotional wellness. They will experience improved emotional regulation, better mental focus, and a sense of calm, equipping them for sustained emotional health throughout life.

Course Outcomes (Cos)

- **Practical Skills in Yoga for Stress Relief and Emotional Healing:** Participants will gain practical knowledge of yoga asanas that help release stored emotional tension, alleviate stress, and promote relaxation.
- **Enhanced Emotional Awareness and Regulation:** Participants will gain a deeper understanding of their emotional triggers and patterns, allowing them to respond to emotions with greater awareness and control.
- **Awareness of the Role of Breath in Physical and Emotional Healing :** Participants will gain a comprehensive understanding of how controlled breathing can enhance the healing process, improve mental clarity, and foster emotional release.
- **Increased Resilience and Stress Management Skills:** Participants will develop resilience against stress and emotional strain by applying yoga, meditation, and pranayama techniques.
- **Cultivation of a Holistic Approach to Emotional Well-Being:** Participants will be equipped with the tools to approach emotional well-being in a holistic manner, combining physical, mental, and spiritual practices.

Module 1: Sources of Energy

- Introduction of Yoga
- Yogic Breathing
- Impact of Yogic techniques on our energy level
- Practice Mindfulness

Module 2: Healthy Body and Stable Mind

- Importance of fit body and strong Mind
- Yogic Breathing
- Yoga Asans
- Yogic Breathing
- Pranayams
- Practice mindfulness

Module 3- Importance of Food

- Impact of food on our Body system.
- Importance of Vegetarian diet
- Practice of Yogasans
- Pranayam Practice
- Meditation

Module 4 – Importance of Sleep

- Sleep Hygiene and Routine
- Sleep Inducing Stretches
- Powerful Breathing Techniques
- Yog Nidra (None Sleep, Deep Rest)

Module 5 – Importance of Breath

- Yogic Breathing
- Ujjayi Breathing
- Kapalbhati Pranayam
- Yoga Asans
- Nadi Shodhan Pranayam
- Meditation

Module 6 – Handling Emotions

- Connection Between our breath and emotions.
- Bhastrika Pranayam
- Yoga asans
- Nadi Shodhan Pranayam
- Meditation

Course Objective

- Provide participants with an understanding of the ancient practices of yoga and meditation and their role in emotional regulation, mental clarity, and overall wellness.
- Teach various pranayama (breathing) techniques and their direct influence on emotions, stress levels, and mental clarity.
- Teach participants how to use yoga, breathwork, and meditation to manage daily stress and build emotional resilience.
- Provide participants with the skills and knowledge to live a balanced, peaceful life by managing their emotions and fostering inner peace through yoga and meditation

Process of Enrolment and Obtaining Certificate

Fill the Enrolment form, pay the Fee and submit it to the Coordinator by downloading it from the university's official website or using the Google form link.

Following successful enrolment, participants will attend sessions spread over 35 hours (offline and online) in which 70% attendance is compulsory.

At the end of each module, students need to submit an assignment related to the module.

To be eligible for certificate, students need to submit three out of five assignments and secure a minimum score of 70% in the evaluation paper.

On successfully fulfilling the above criteria, students will receive a certificate from ARKA JAIN University, Jharkhand.

PHOTOS OF THE EVENT



Fig.1- Trainer Teaching Yoga Postures

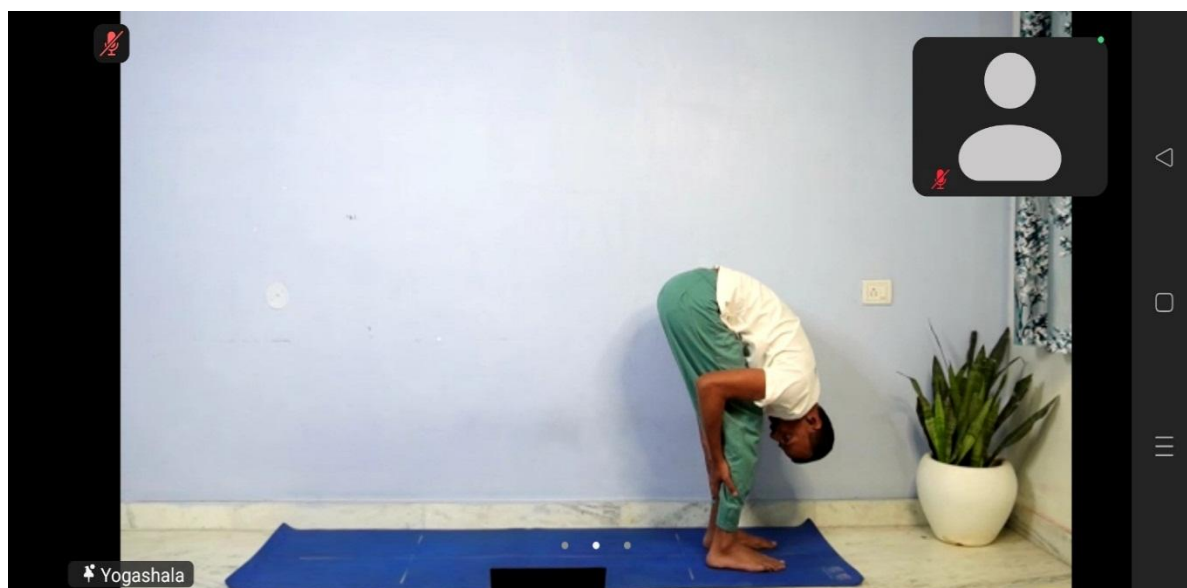


Fig. 2- Trainer Teaching Yoga Postures



Fig. 3- Students learning about Mental Health with Departmental Coordinator Anup Kumar Singh



Fig. 4- Participants practicing Ujjayi Pranayam



Fig. 5- Students along with Departmental Coordinator Anup Kumar Singh



Fig.6- Students Practicing Bhramari Pranayam



Fig.07 - Students Practicing Bhastrika Pranayam



Fig.09- Students Practicing Meditation

LIST OF STUDENTS



VALUE ADDED COURSE REGISTRAION STUDENTS LIST

Sr.No	Enroll No.	Student Name	Course	Program	Faculty Name	Reg. Date	Semester	Admission Batch
1	AJU/220175	DEEPA SHARMA	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
2	AJU/220202	TARANDEEP KAUR	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
3	AJU/220365	LARAIB ROSHAN	24FD101 - Know Breath: Know your Emotions	Eng (H)	Anup Kumar Singh	2025-05-22	IV	2022-2023
4	AJU/220612	MANISHA ORAON	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
5	AJU/220645	PARWATI THAKUR	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
6	AJU/220691	SHRUTI SHARMA	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
7	AJU/221670	PREETI PRADHAN	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
8	AJU/221857	SANA PERWEEN	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
9	AJU/221876	SABA AMIR	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
10	AJU/221878	NISHA KUMARI	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	VI	2022-2023
11	AJU/230054	RAKSHA NAYAK	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	IV	2023-2024
12	AJU/230060	SHADA ZAREEN	24FD101 - Know Breath: Know your Emotions	Eng (H)	Anup Kumar Singh	2025-05-22	IV	2023-2024
13	AJU/230273	SONALI MAITY	24FD101 - Know Breath: Know your Emotions	FD	Anup Kumar Singh	2025-05-22	IV	2023-2024
14	AJU/230303	ISHANI LAHIRI	24FD101 - Know Breath: Know your Emotions	Eng (H)	Anup Kumar Singh	2025-05-22	IV	2023-2024

Print Date 22-May-2025

ATTENDANCE



Consolidated Attendance : Value Added Courses for the Year 2024-2025

Course Name : Know Breath: Know your Emotions

Sr.No	Enrollment No	Sem	Name	Total Classes	Total Attendance	Attendance %
1	AJU/220175	VI	DEEPA SHARMA	35	26	74.29
2	AJU/220202	VI	TARANDEEP KAUR	35	27	77.14
3	AJU/220365	IV	LARAIB ROSHAN	35	27	77.14
4	AJU/220612	VI	MANISHA ORAON	35	25	71.43
5	AJU/220645	VI	PARWATI THAKUR	35	21	60.00
6	AJU/220691	VI	SHRUTI SHARMA	35	21	60.00
7	AJU/221670	VI	PREETI PRADHAN	35	28	80.00
8	AJU/221857	VI	SANA PERWEEN	35	22	62.86
9	AJU/221876	VI	SABA AMIR	35	25	71.43
10	AJU/221878	VI	NISHA KUMARI	35	28	80.00
11	AJU/230054	IV	RAKSHA NAYAK	35	27	77.14
12	AJU/230060	IV	SHADA ZAREEN	35	30	85.71
13	AJU/230273	IV	SONALI MAITY	35	30	85.71
14	AJU/230303	IV	ISHANI LAHIRI	35	22	62.86
15	AJU/230489	IV	RIYA TIWARY	35	26	74.29
16	AJU/230509	IV	KUMARI SNEHA	35	30	85.71
17	AJU/230738	IV	SADIA KAUSAR	35	27	77.14
18	AJU/230750	IV	APARAJITA BHATTACHARYA	35	26	74.29
19	AJU/230862	IV	ANNESHA MISHRA	35	21	60.00
20	AJU/230998	IV	ABHINAV KUMAR TIWARI	35	21	60.00
21	AJU/231051	IV	DIPIKA KUMARI	35	28	80.00
22	AJU/231071	IV	SAGORIKA DEY	35	28	80.00
23	AJU/231103	IV	ANNU SINGH	35	30	85.71

Date : 22/05/2025

1



24	AJU/231218	IV	JASPREET KAUR	35	22	62.86
25	AJU/231368	IV	APARAJITA DUBEY	35	22	62.86
26	AJU/231371	IV	ARPIT KUMAR SINHA	35	28	80.00
27	AJU/231388	IV	AKANSHA PRIYA	35	28	80.00
28	AJU/231441	IV	PRAISING SANDIL	35	27	77.14
29	AJU/231454	IV	SHIWANGI	35	30	85.71
30	AJU/231480	IV	SOURAV TUDU	35	30	85.71
31	AJU/231505	IV	SANDHYA KUMARI	35	26	74.29
32	AJU/231723	IV	SHREYA JYOTI	35	26	74.29
33	AJU/231852	IV	ROSHNI KUMARI SINGH	35	21	60.00
34	AJU/231865	IV	SHREYA DUTTA	35	28	80.00
35	AJU/231874	IV	TANISHA ARYA	35	27	77.14
36	AJU/232016	IV	MUKUL MAHTO	35	22	62.86
37	AJU/232021	IV	SHIVANI JHA	35	21	60.00
38	AJU/232109	IV	SANCHITA AASHI	35	25	71.43
39	AJU/240267	II	ARPITA SINHA	35	26	74.29
40	AJU/240477	II	RIYA SINGH	35	21	60.00
41	AJU/241885	II	SANIYA IQBAL	35	28	80.00
42	AJU/242096	II	MEHAK MISHRA	35	25	71.43

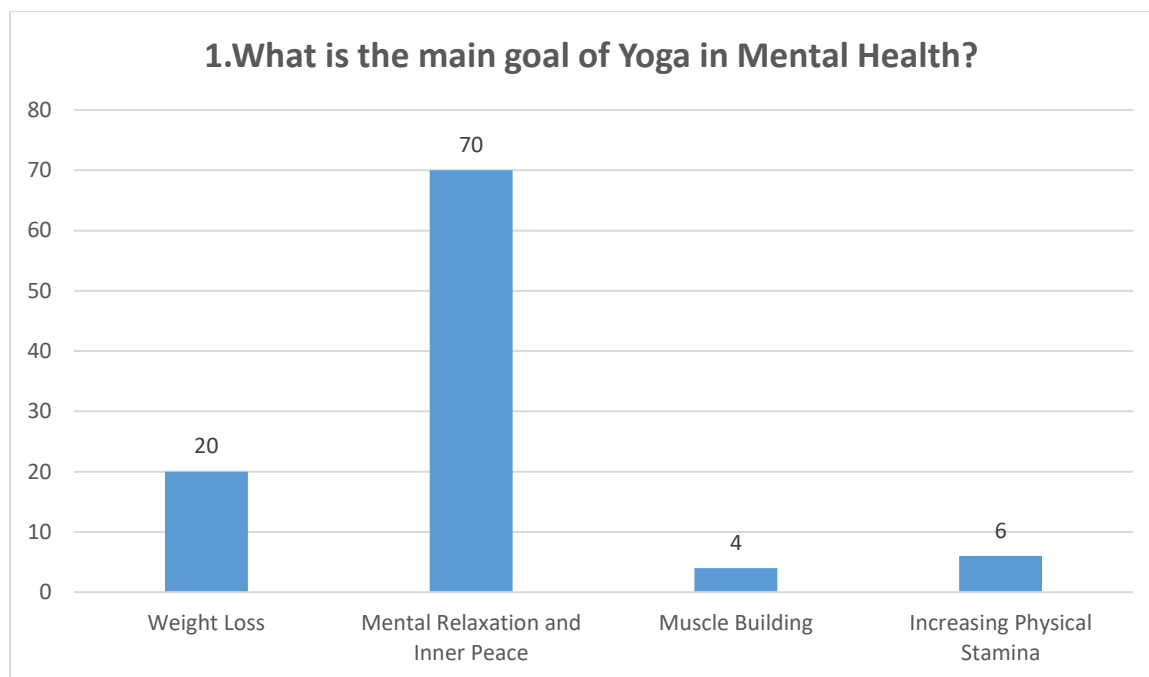
Date : 22/05/2025

2

Questionnaire for V.A.C

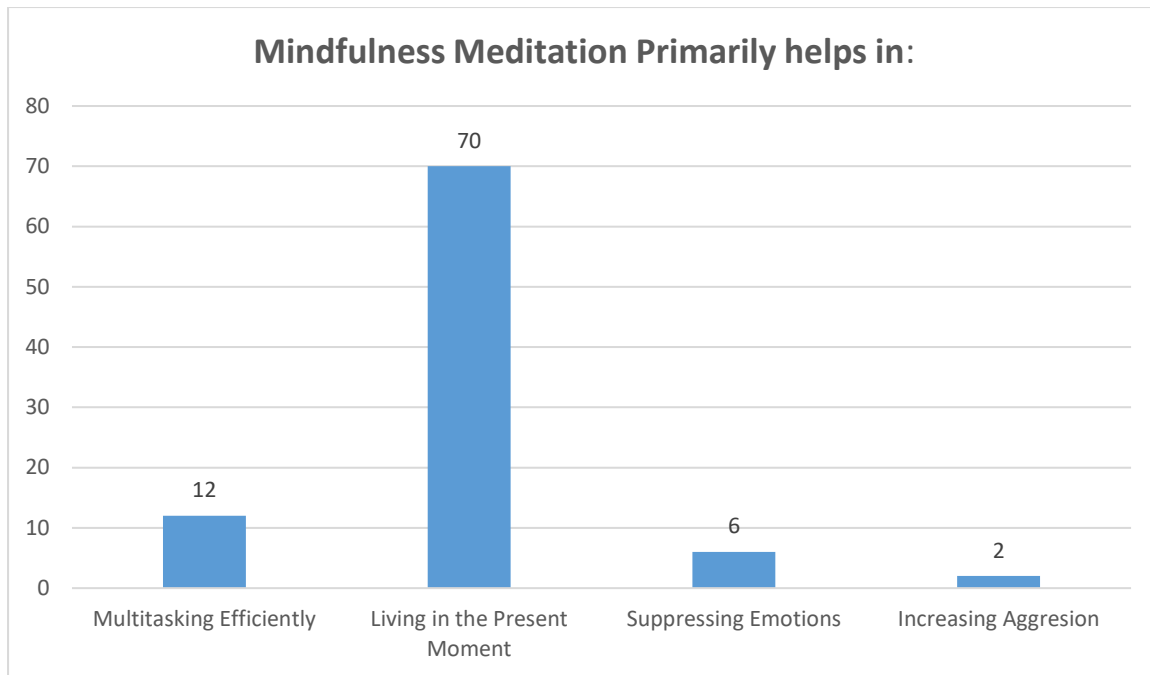
1. What is the main goal of yoga in mental health?

- A) Weight loss
- B) Mental relaxation and inner peace
- C) Muscle building
- D) Increasing physical stamina



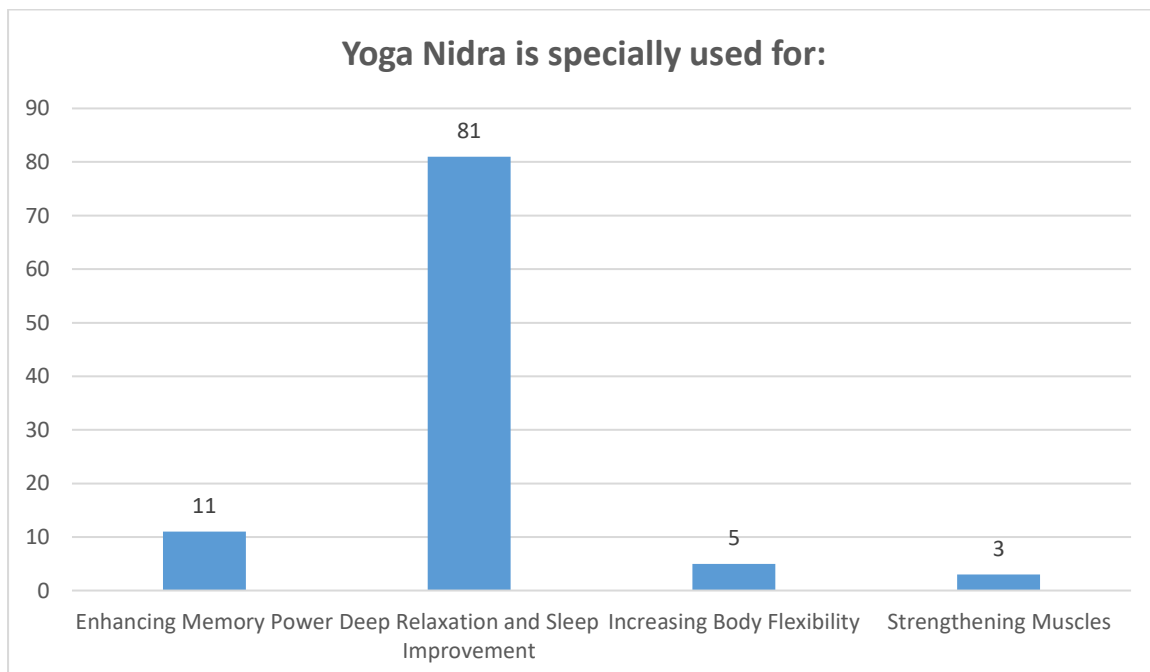
2. Mindfulness meditation primarily helps in:

- A) Multitasking efficiently
- B) Living in the present moment
- C) Suppressing emotions
- D) Increasing aggression



3. Yoga Nidra is specifically used for:

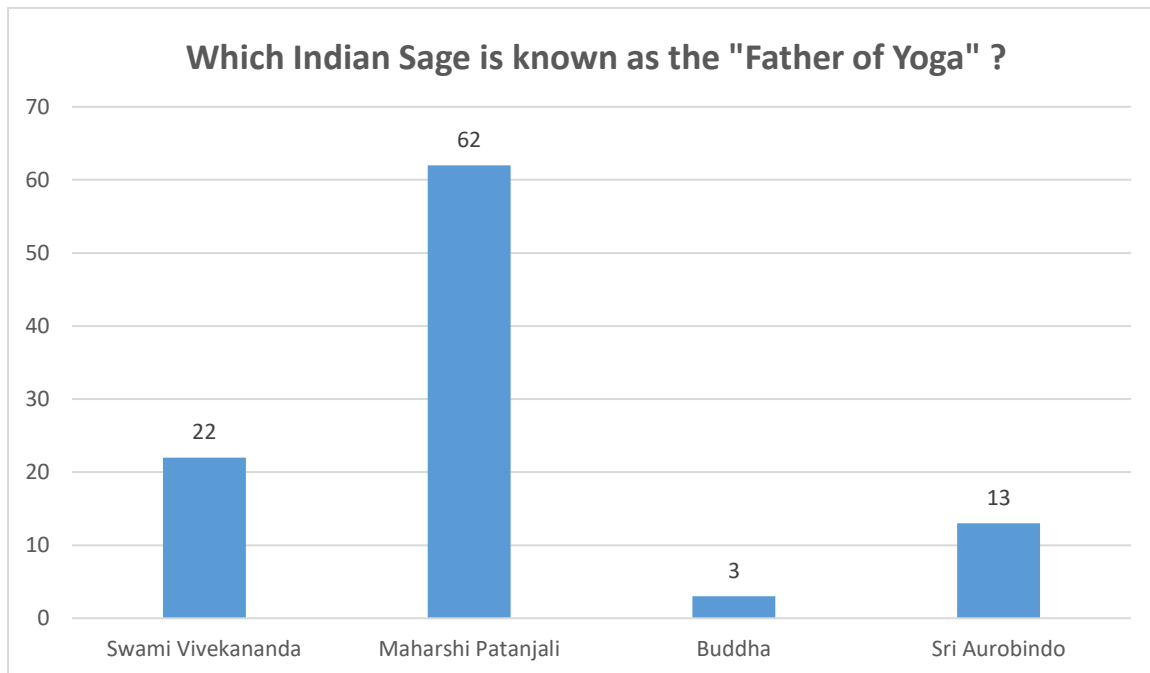
- A) Enhancing memory power
- B) Deep relaxation and sleep improvement
- C) Increasing body flexibility
- D) Strengthening muscles



4. Which Indian sage is known as the "Father of Yoga"?

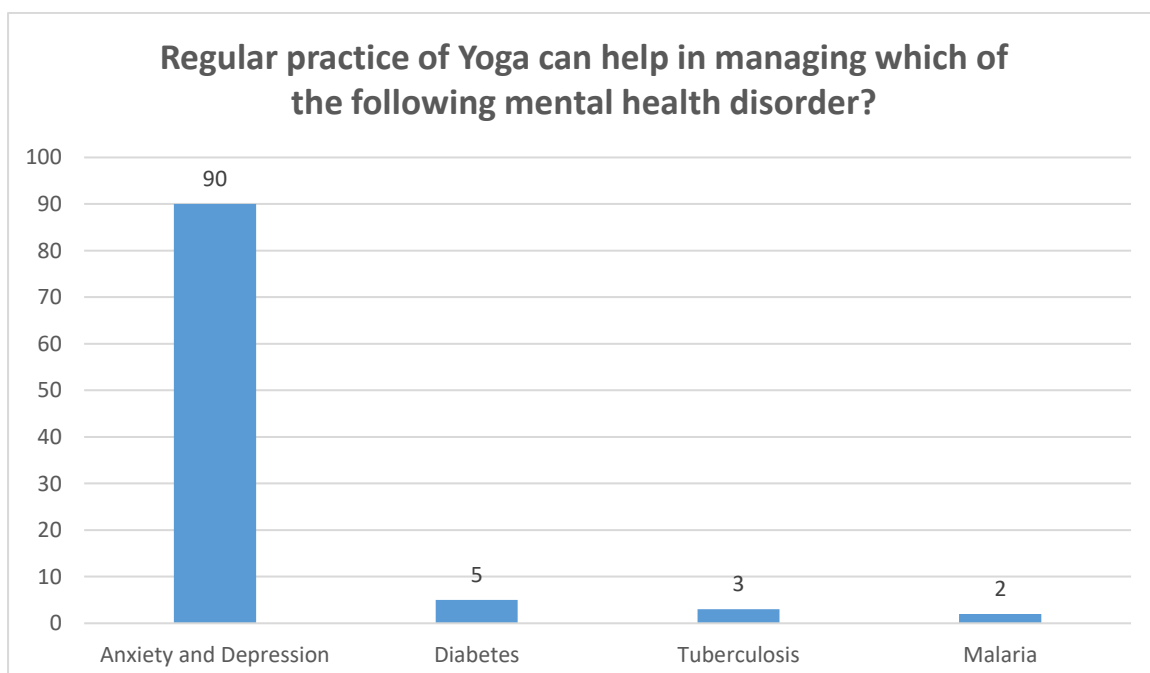
- A) Swami Vivekananda
- B) Maharshi Patanjali
- C) Buddha

D) Sri Aurobindo



5. Regular practice of yoga can help in managing which of the following mental health disorders?

- A) Anxiety and Depression
- B) Diabetes
- C) Tuberculosis
- D) Malaria



EXAM CIRCULAR



SCHOOL OF HUMANITIES
DEPARTMENT OF FASHION DESIGN
CIRCULAR

Notice No: AJU/BA FD/244 A

Date: 12/02/ 2025

It is notified for information to all concerned that the syllabus of Value Added Course on Know Breath: Know your Emotions is completed in all aspect on 18th of February 2025 and the final assessment examination shall be conducted on 24th February 2025 through virtual mode. Examination link shall be shared to all the eligible students on the day of examination which will be active at the time of commencement of examination.

Course Name	Know Breath : Know your Emotions
Date of Exam	24/02/2025
Time	9 am to 11 am
Mode	Online

Usha Kiran Barla
Program Co-ordinator
School of Humanities

Ms. Usha Kiran Barla
 Program Coordinator
 Department of Fashion Design

Copy for information & necessary action please: -

1. PS to the Vice-Chancellor
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3. Academic Coordinator
4. In charge Web services for Website
5. Notice Board
6. Faculty Members
7. Concerned semesters

RESULT



VALUE ADDED COURSE RESULT REPORT

Course Name : Know Breath: Know your Emotions

Course Code : 24FD101

Duration of Course : 35 HRS

Period of Course : From 13 Jan 2025 To 18 Feb 2025

Sr.No	Enroll No.	Name	Mark %	Grade
1	AJU/220175	DEEPA SHARMA	85.00	A+
2	AJU/220202	TARANDEEP KAUR	90.00	A+
3	AJU/220365	LARAIB ROSHAN	85.00	A+
4	AJU/220612	MANISHA ORAON	50.00	F
5	AJU/220645	PARWATI THAKUR	57.00	F
6	AJU/220691	SHRUTI SHARMA	78.00	B
7	AJU/221670	PREETI PRADHAN	86.00	A+
8	AJU/221857	SANA PERWEEN	51.00	F
9	AJU/221876	SABA AMIR	59.00	F
10	AJU/221878	NISHA KUMARI	48.00	F
11	AJU/230054	RAKSHA NAYAK	51.00	F
12	AJU/230060	SHADA ZAREEN	92.00	A+
13	AJU/230273	SONALI MAITY	78.00	B
14	AJU/230303	ISHANI LAHIRI	91.00	A+
15	AJU/230489	RIYA TIWARY	72.00	B+
16	AJU/230509	KUMARI SNEHA	74.00	B+
17	AJU/230738	SADIA KAUSAR	85.00	A+
18	AJU/230750	APARAJITA BHATTACHARYA	84.00	A
19	AJU/230862	ANNESHA MISHRA	91.00	A+
20	AJU/230998	ABHINAV KUMAR TIWARI	70.00	B+
21	AJU/231051	DIPKA KUMARI	85.00	A+
22	AJU/231071	SAGORIKA DEY	49.00	F
23	AJU/231103	ANNU SINGH	68.00	C+

Print Date **23-May-2025**



VALUE ADDED COURSE RESULT REPORT

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Course Code : 24FD101

Duration of Course : 35 HRS

Period of Course : From 13 Jan 2025 To 18 Feb 2025

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24	AJU/231218	JASPREET KAUR	71.00	B+
25	AJU/231368	APARAJITA DUBEY	73.00	B+
26	AJU/231371	ARPIT KUMAR SINHA	65.00	C+
27	AJU/231388	AKANSHA PRIYA	62.00	F
28	AJU/231441	PRAISING SANDIL	90.00	A+
29	AJU/231454	SHIWANGI	89.00	A+
30	AJU/231480	SOURAV TUDU	81.00	A
31	AJU/231505	SANDHYA KUMARI	73.00	B+
32	AJU/231723	SHREYA JYOTI	82.00	A
33	AJU/231852	ROSHNI KUMARI SINGH	71.00	B+
34	AJU/231865	SHREYA DUTTA	86.00	A+
35	AJU/231874	TANISHA ARYA	51.00	F
36	AJU/232016	MUKUL MAHTO	59.00	F
37	AJU/232021	SHEVANI JHA	48.00	F
38	AJU/232109	SANCHITA AASHI	51.00	F
39	AJU/240267	ARPITA SINHA	90.00	A+
40	AJU/240477	RIYA SINGH	93.00	A+
41	AJU/241885	SANIYA IQBAL	72.00	B+
42	AJU/242096	MEHAK MISHRA	84.00	A

Print Date 23-May-2025



VALUE ADDED COURSE RESULT REPORT

Course Name : Know Breath: Know your Emotions

Course Code : 24FD101

Duration of Course : 35 HRS

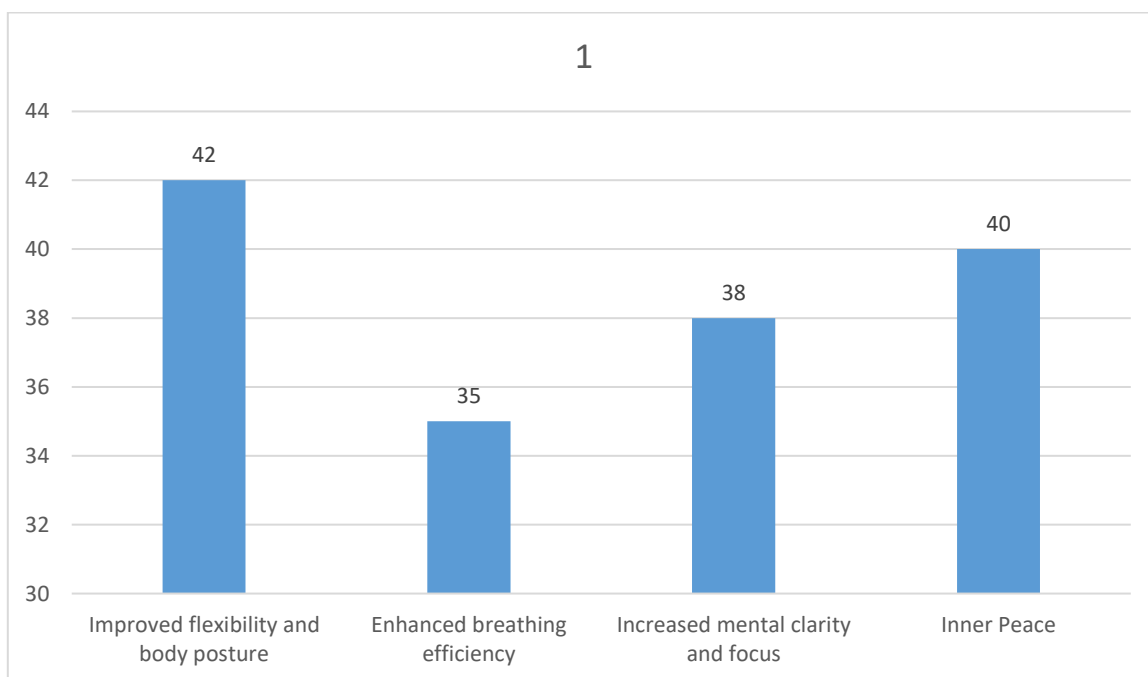
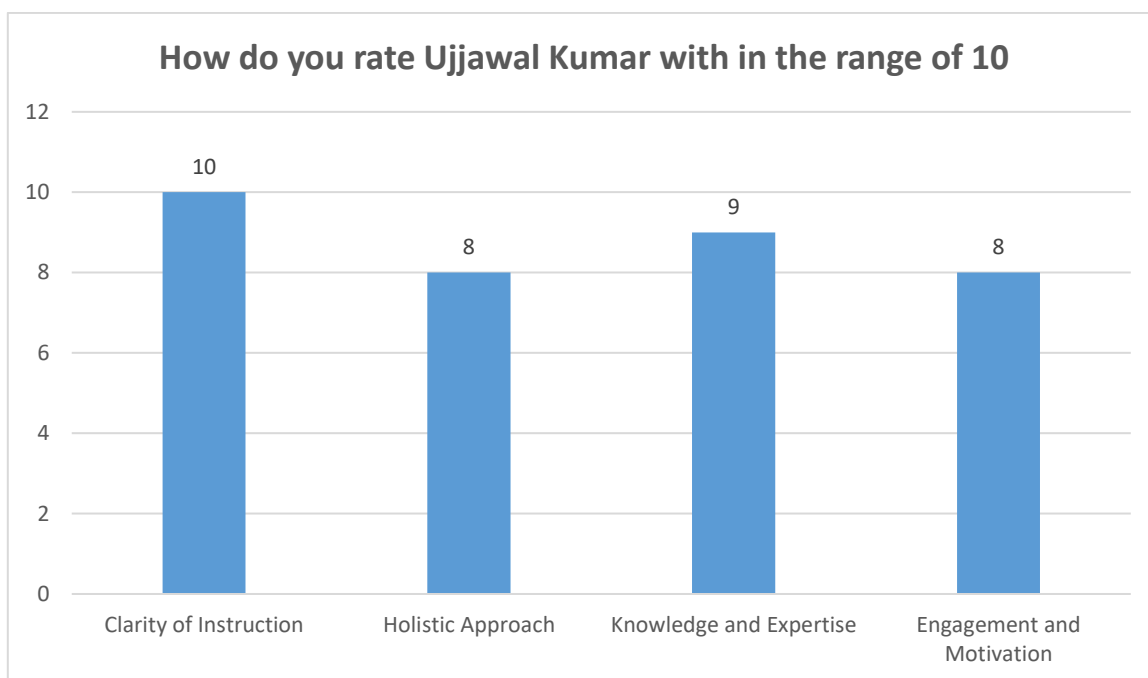
Period of Course : From 13 Jan 2025 To 18 Feb 2025

Sr.No	Enroll No.	Name	Mark %	Grade
Course Code		24FD101		
Course Name		Know Breath: Know your Emotions		
Appeared		42		
Pass		30		
Fail		12		

Grade	Count
A+	14
A	4
B	2
B+	8
C+	2
B+	8
F	12
C+	2
C	0

Print Date : 23-May-2025

FEEDBACK



CERTIFICATE



THIS IS TO CERTIFY THAT

DEEPA SHARMA

Reg Number : AJU/220175

has successfully completed Certificate Course in Know Breath: Know your Emotions offered by
Department of Humanities in FD during the Academic Year 2024-2025

Duration - 35 Hours

Grade : A+

Anup Kumar Singh
Instructor, Department of Humanities

Dr. Easwaran Iyer
Vice-Chancellor



THIS IS TO CERTIFY THAT

SHRUTI SHARMA

Reg Number : AJU/220691

has successfully completed Certificate Course in Know Breath: Know your Emotions offered by
Department of Humanities in FD during the Academic Year 2024-2025

Duration - 35 Hours

Grade : B

Anup Kumar Singh
Instructor, Department of Humanities

Dr. Easwaran Iyer
Vice-Chancellor



THIS IS TO CERTIFY THAT

KUMARI SNEHA

Reg Number : AJU/230509

has successfully completed Certificate Course in Know Breath: Know your Emotions offered by
Department of Humanities in FD during the Academic Year 2024-2025

Duration - 35 Hours

Grade : B+

Anup Kumar Singh
Instructor, Department of Humanities

Dr. Easwaran Iyer
Vice-Chancellor