

Scheme of Examination for Health and Physical Education
From Session 2014-15 (B.A. 1st to 6th Semester)

Semester	Theory Marks	Internal Assessment	Time	Practical Marks	Total	W.E. From Session	Exam to be Conducted
1 st	60	15	3 hours	--	75	2014-15	Dec. 2014
2 nd	60	15	3 hours	50	125	2014-15	May 2015
3 rd	60	15	3 hours	--	75	2015-16	Dec. 2015
4 th	60	15	3 hours	50	125	2015-16	May 2016
5 th	60	15	3 hours	--	75	2016-17	Dec. 2016
6 th	60	15	3 hours	50	125	2016-17	May 2017
Total	360	90		150	600		

The above New Scheme of examination was approved and will be implemented for **Health and Physical Education in B.A. in the following sessions:**

1st and 2nd Semester w.e.f. Session 2014-15

3rd and 4th Semester w.e.f Session 2015-16

5th and 6th Semester w.e.f. Session 2016-17

Note: The students appearing in the 3rd Semester Exams in Dec. 2014, 4th Semester exams in April/May 2015, 5th Semester Exams in Dec. 2015 and 6th Semester exams in April/May 2016 **will follow the old scheme approved in 2013-14.** The practical examination of these students will be conducted with following pattern:

3rd and 4th Semester Practical will be conducted together in 4th semester (April/May2015)

5th and 6th Semester Practical will be conducted together in 6th semester (April/May 2016)

Work Load for teaching the Physical Education as an optional subject in B.A. will be as under:

- **Six Periods per Week for each class (*Four theories and two practical*).**
- **Strength of students in practical class shall not exceed 25 students per group in any case.**
- **Keeping the view nature of practical and climatic conditions, it is recommended that all the practicals must be conducted before the theory exams in all even semesters.**

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -1st Semester (Health & Physical Education) (From Session 2014-15)

Time- 3 hours

**Theory- 60 Marks
(Internal Assessment- 15 Marks)**

Unit - 1: Introduction to Physical Education-

1. Meaning, definition and scope of Physical Education.
2. Relationship of Physical Education with General Education
3. Aim, Objectives and Importance of Physical Education in modern society.
4. Misconceptions regarding Physical Education

Unit- II: Health & Hygiene

1. Meaning, definition and importance of Health.
2. Factors influencing Health.
3. Meaning and importance of Personal Hygiene
4. Hygiene of various body parts and Factors influencing Personal Hygiene

Unit- III: Introduction to Yoga

1. Yoga - Meaning, Concept and Historical development
2. Types of Yoga
3. Importance of yoga in healthy living
4. Pranayam - Meaning, types and their benefits.

Unit- IV: Introduction to Human Anatomy and Physiology

1. Meaning and definition of Human Anatomy and Physiology
2. Importance of Human Anatomy and Physiology in Physical Education
3. Definition of Cell, Tissue, Organ and System
4. Structure and Properties of Cell

Text Books and References

- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K., “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., “ Yog Shiksha” Saraswati House Pvt.Ltd. Daryaganj, New Delhi (2011)
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000)
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press.New Delhi, (2003). .
- Iyengar, B.K.S. “Light on life” Oxford, Pan Macmillan Ltd. (2005).
- Iyengar, B.K.S. “The Tree of Yoga” New Delhi, Harper Collins. (2009).
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -2nd Semester (Health & Physical Education) (From Session 2014-15)

Time- 3 hours

**Theory- 60 Marks
(Internal Assessment- 15 Marks)**

Unit – I Introduction to Health Education

1. Definition, Aim, Objectives and Scope of Health Education.
2. Importance of Health Education in modern society
3. First Aid: Meaning, Aim, Objectives and General Principles of First Aid.
4. First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite

Unit –II Historical Prospects of Physical Education

1. Pre-independence and Post – independence historical development of Physical Education in India.
2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
3. Sports Policy of Haryana State
4. National Sports Policy

Unit II Introduction to Physical Fitness

1. Meaning, definition and importance Physical Fitness
2. Components and Principles of Physical Fitness
3. Factors influencing of Physical Fitness.
4. Meaning of Isometric, Isotonic and Isokinetic exercises

Unit IV Introduction to Human Anatomy and Physiology

1. Anatomy of Human Bone
2. Types and Function of bones in Human Body
3. Meaning and types of joints in Human Body.
4. Types of synovial joints in Human Body

Text Books and References

- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi.(2013).
- Kamlesh & Sangral,,” Methods in Physical Education” Parkash Brothers, Ludhiana(2000).
- Bucher Olsen and Willgoose; “The Foundation of Health” Prentice Hall inc.Englewood Fliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000)
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press.New Delhi, (2003). .
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

B.A. – 1st and 2nd Semester (Practical)
(Health & Physical Education)
(From Session 2014-15)

Maximum Marks- 50

- | | |
|--|----------------------|
| 1. Any one game
(With ground specifications, general rules and general skills)
1. kho - kho 2. Badminton 3. Cricket | 10 Marks |
| 2. Name and identification of bones in Human Body | 10 Marks |
| 3. Athletics:
Shot Put (Measurements & Basic Techniques)
Types of Starts - Crouch Start and standing starts (Basic Technique) | (10+10) Marks |
| 4. Viva – Voce and Practical File | 10 Marks |

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -3rd Semester (Health & Physical Education) (From Session 2015-16)

Time- 3 hours

**Theory- 60 Marks
(Internal Assessment- 15 marks)**

Unit- 1 Concept of Safety Education

1. Meaning, need and importance of Safety Education
2. Sports Injuries: Types and causes
3. Principles for prevention of sports Injuries.
4. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints

Unit –II Common Diseases

1. Meaning of Communicable and Non – Communicable diseases
2. Modes of transmission, prevention and control of communicable diseases.
3. Common diseases: HIV/ AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
4. Allergy related diseases: Asthma and Sinuses

Unit – III Concept of Balanced Diet

1. Balanced Diet: Meaning and importance
2. Components of balanced diet and their sources
3. Factors affecting balanced diet
4. Harmful effects of Junk Food

Unit –IV Anatomy and Physiology of Body System

1. Circulatory System: Structure of Heart
2. Functioning of Heart
3. Types of Circulation: Systemic and Pulmonary
4. Effects of exercise on Circulatory System.

Text Books and References:

- Mathews D.K.& Fox D.K “The Physiological basis of Physical Education and Sprots,2nd .Philadelphia.K.B.Sanuders & Co.,(1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi.(2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000).
- Bucher Olsen and Willgoose “The Foundation of Health” Prentice Hall inc.Englewood Fliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press. New Delhi (2003). .
- Verma K.K., “Health & Physical Education” Parkash Brothers, Ludhiana (2005).

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. - 4th Semester (Health & Physical Education) (From Session 2015-16)

Time- 3 hours

**Theory- 60 Marks
(Internal Assessment- 15 marks)**

Unit-1 Warming Up and Cooling Down:

1. Meaning, types and significance of warming up
2. Meaning, types and significance of cooling down.
3. Methods of warming up and cooling down.
4. Physiological aspects of warming up and cooling down

Unit –II Psychological aspects of Physical Education:

1. Meaning of Psychology and sports Psychology
2. Need and importance of sports psychology
3. Learning: meaning and laws
4. Learning curve

Unit –III Major Sports Events

1. Ancient Olympic Games
2. Modern Olympic Games
3. Asian Games
4. Common Wealth Games

Unit - IV Anatomy and Physiology of Human Body System

1. Structure of Respiratory Organs.
2. Physiology of respiratory System.
3. Effect of exercise on respiratory System
4. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.

Text Books and References

- H.H. Clark & D.H. Clark: Development and adopted physical education, Englewood cliffs, New Jersey, Prentice Hall, 1987.
- Mathews D.K. & Fox D.K “The Physiological basis of Physical Education and Sprots, 2nd .Philadelphia. K .B. Sanuders & Co., (1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh, Ajmer et. Al.” Olympic Movement”Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana (2000).
- Mangal, S.K.,”Psychology for Physical Education” Parkash Brothers, Ludhiana (2008).
- Kamlesh & Sangral,” Methods in Physical Education” Parkash Brothers, Ludhiana (2007).
- Jensen Fisher:9 “Scientific Basis of Athletic Conditioning” Philadelphia, Lee and Febiger (1975).

B.A. – 3rd and 4th Semester (Practical)
(Health & Physical Education)
(From Session 2015-16)

Maximum Marks- 50

- 1. Measurement of Body Mass Index** **10 Marks**
(Normal Range of B.M.I for Children, Women and Men)
- 2. Any one Game of the following:** **10 Marks**
(With ground specifications, general rules and general skills)
 1. Basketball
 2. Foot ball
 3. Kabaddi
- 3. Athletics:** **(10 + 10) Marks**
Discus throw and Long Jump
(Specifications, general rules and general skills)
- 4. Viva – Voce and Practical File** **10 Marks**

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -5th Semester (Health & Physical Education) (From Session 2016-17)

Time- 3 hours

**Theory- 60 Marks
(Internal Assessment- 15 marks)**

Unit -I Growth & Development

1. Meaning and definition of Growth and Development
2. Stages of Growth and Development.
3. Principles and factors influencing growth and development
4. Age and sex difference in relation to physical activities and sports

Unit – II Concept of Sports Organization and Administration

1. Meaning and importance of organization and administration in Physical Education and Sports
2. Principles of sports organization and administration
3. Organization and administration of Intramural and Extramural activities
4. Tournaments and their types (League and Knock out)

Unit – III Concept of Posture

1. Meaning of posture and importance of good posture
2. Causes of poor posture
3. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs.
4. Precautions and Remedies for postural deformities

Unit-IV Anatomy and Physiology

1. Gross Anatomy of muscle, Types of Muscles in human body
2. Effects of exercise on Muscular System
3. Composition of Human Blood
4. Functions of Blood

Text Books and References

- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana. (2000).
- Bucher Olsen and Willgoose “The Foundation of Health” Prentice Hall inc.Englewood Cliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Louis (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press. New Delhi (2003).
- Verma K.K., “Health & Physical Education” Parkash Brothers, Ludhiana (2005).

- Mathews D.K. & Fox D.K “The Physiological basis of Physical Education and Sports, 2nd .Philadelphia.K.B.Sanuders & Co., (1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).

Instructions for Paper- Setter:

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

Instructions for Candidates

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

B.A. -6th Semester (Health & Physical Education) (From Session 2016-17)

Time- 3 hours

**Theory- 60 Marks
(Internal Assessment- 15 marks)**

Unit-1 Concept of Motivation and Socialization

1. Meaning and definition of motivation.
2. Types of motivation and importance of motivation in sports.
3. Meaning of Socialization and Socialization through sports.
4. Effect of social behavior on performance of sports person.

Unit- II Concept of Sports Training and Doping

1. Meaning and definition of sports training
2. Factors affecting sports training
3. Types of sports training: Circuit training, Interval Training and Continuous Training
4. Doping: Meaning, types and its effects on health.

Unit – III Concept of Sports Biomechanics

1. Meaning and definition of sports biomechanics
2. Importance of Biomechanics in Sports
3. Newton's Laws of motion and their application in sports
4. Levers: Meaning, types and their application in Sports

Unit – IV Anatomy and Physiology

1. Organs of Digestive System
2. Structure of Digestive System
3. Mechanism of food digestion
4. Effects of exercise on Digestive System.

Text Books and References

- Kamlesh & Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana. (2000).
- Dick F "Sports Training Principles" .London Lepus Book, (1980).
- Desch and Burk "knesiology and applied Anatomy", 2nd ed.lee and Febiger, (1963).
- Show D, "Kinesiology' Friends Publications, New Delhi, (2001).
- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., "Anatomy and Physiology for Nurses"Oxford University Press. New Delhi (2003). .
- Verma K.K., "Health & Physical Education" Parkash Brothers, Ludhiana (2005).

- Mathews D.K. & Fox D.K "The Physiological basis of Physical Education and Sprots, 2nd .Philadelphia.K.B.Sanuders & Co., (1996).
- Sharma, V.K, "Health & Physical Education" Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21st century" Patiala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).

B.A. – 5th and 6th Semester (Practical)
(Health & Physical Education)
(From Session 2016-17)

Maximum Marks- 50

- | | |
|---|-----------------|
| 1. Pranayam: | 10 Marks |
| a) Bhramari b) Anulom Vilom c) Kapal Bhati | |
| 2. Any one Game of the following | 10 Marks |
| (Ground Specifications, General rules and General Skill) | |
| a) Volleyball b) Hockey c) Judo/Boxing/Wrestling/Self-defense tactics | |
| 3. Tying of different types of Bandages and Arm Slings. | 10 Marks |
| 4. First Aid | 10 Marks |
| (First aid for different injuries and circumstances, items of First aid box and their uses) | |
| 5. Viva – Voce and Practical file | 10 Marks |

B.A.-VI Sem. Practical Exam 05-9-2020

2019-20
Practical Exam Notice

Date: 04 Sept, 2020

The on line Practical Examination of B.A.VI Sem. Regular and reappear students of **Health & Physical Education subject** will be held on 5 Sept, 2020. The other reappear students practical of Health & Physical Education Subject of B.A. II & IV Sem. will be held on 7 Sept., 2020. The concerned students will contact to Dr. Kuldeep Singh (9034248290) or email on igncphyedu21@gmail.com.

(Dr. Hari Parkash Sharma)
Principal

(Dr. Kuldeep Singh)
Asstt.Prof.(Phy. Edu.)

University conducted only final year & Reappear students practical (online) due to Corona pandemic only internal examiner conducted practical

IGNC B.A.-VI Sem. H&PE Practical 2019-20 (9-5-2020) Responses

1	Timestamp	Email Address	Score	Name of	Class of the	Exam Roll No.	Class Roll No	Contact No.	1	2	3	4	5	6	7	8	9	10	Practical
1	9-5-2020 10:22:16	ramanku143@	20 / 20	Raman K	B.A.-VI Sem	170074934	1545910068	8685865310	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Arm inju	All of the
2	9-5-2020 10:25:16	sachinujar49	8 / 20	Sat kara	B.A.-VI Sem	1700750093	1545910044	8398073290	To bind	Libro	Kapal B	कुम्भक	2.43M	इन्म से क	Benefic	3	Metre	Ankle inj	All of the
3	9-5-2020 10:36:52	nehabenwai61	18 / 20	Neha Ra	B.A.-VI Sem	170075106	1545920051	7056310461	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Ankle inj	All of the
4	9-5-2020 10:40:11	parvensaini49	16 / 20	Parveen	B.A.-VI Sem	170074989	1545910021	9050194979	To do r	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Increase	3	Metre	Arm inju	All of the
5	9-5-2020 10:40:27	akashdinh77	16 / 20	Akash	B.A.-VI Sem	170075111	1545910027	7056210041	To do r	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
6	9-5-2020 10:40:58	yknaish98@gma	16 / 20	Yogesh	B.A.-VI Sem	170074938	1545910144	7404974404	To do r	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
7	9-5-2020 10:45:42	sonam251199	12 / 20	SONAM	B.A.-VI Sem	170078393	1545920105	9350440847	To bind	Libro	Nadi S	अंतः कु	2.43M	इन्म से क	Benefic	3	Metre	Arm inju	All of the
8	9-5-2020 10:46:27	vishalsheoran5	14 / 20	Vishal K	B.A.-VI Sem	170074975	1545910015	8398891998	PICE	Libro	Nadi S	अंतः कु	2.45M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
9	9-5-2020 10:49:17	sonalibankher1	18 / 20	Sunali	B.A.-VI Sem	0170075001	1545920022	7015430270	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
10	9-5-2020 11:02:18	mahichahal83	18 / 20	Komal	B.A.-VI Sem	1545920025	170075024	9817474160	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
11	9-5-2020 11:08:24	kaurbajjeet038	16 / 20	Baljeet K	B.A.-VI Sem	170075096	1545920044	9350304430	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Ankle inj	All of the
12	9-5-2020 11:20:06	jagmeetsont13	12 / 20	jagmeet	B.A.-VI Sem	170075051	1545910058	7056078270	To bind	Libro	Nadi S	अंतः कु	2.43M	सूपे नाड़ी	Benefic	3	Metre	Arm inju	All of the
13	9-5-2020 11:21:27	namneetkaur7	20 / 20	Namneet	B.A.-VI Sem	170075010	1545920003	9991684295	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Arm inju	All of the
14	9-5-2020 11:26:01	ankukashyap9	18 / 20	Ankush	B.A.-VI Sem	170075030	1545910046	9518414908	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
15	9-5-2020 11:34:46	parvinderlohara	18 / 20	Parvinder	B.A.-VI Sem	170075098	1545910096	8398805059	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
16	9-5-2020 11:35:35	vatsnancy4@g	18 / 20	NANCY	B.A.-VI Sem	170074988	1545920066	8930767899	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Ankle inj	All of the
17	9-5-2020 12:14:17	mansi.adhan@	16 / 20	Mansi	B.A.-VI Sem	170075029	1545920006	8950560009	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Ankle inj	All of the
18	9-5-2020 12:21:46	muskambarwan	16 / 20	Muskan	B.A.-VI Sem	170075032	1545920042	8930770881	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Ankle inj	All of the
19	9-5-2020 12:22:38	avtarsingh905	18 / 20	Avtar Sir	B.A.-VI Sem	170074907	1545910007	9050667883	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
20	9-5-2020 12:43:03	arvindanta119	18 / 20	Arvind	B.A.-VI Sem	170075040	1545910083	8802090005	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
21	9-5-2020 12:43:57	Vikasmalhaan	16 / 20	Vikas	B.A.-VI Sem	170074967	1545910140	9896550298	To do r	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Increase	3	Metre	Arm inju	All of the
22	9-5-2020 12:43:58	yogesh.sharma	20 / 20	yogesh s	B.A.-VI Sem	170075117	1545910134	9991312012	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Arm inju	All of the
23	9-5-2020 12:52:50	ajaysinghpanje	16 / 20	Ajay	B.A.-VI Sem	170074968	1545910165	8278287060	PRICE	Libro	Nadi S	अंतः कु	2.45M	चंद्र नाड़ी	Benefic	3	Metre	Arm inju	All of the
24	9-5-2020 13:15:50	1245mrchauha	8 / 20	Mustak A	B.A.-VI Sem	170075079	1545910136	9991884408	To do r	captain	Nadi S	अंतः कु	2.45M	इन्म से क	Give Co	9	Metre	Arm inju	All of the
25	9-5-2020 13:43:05	snehapunia19	20 / 20	Sneha	B.A.-VI Sem	170075130	1545920002	9050047307	PRICE	Libro	Nadi S	अंतः कु	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Arm inju	All of the
26	9-5-2020 14:07:33	dilhodgourav@	12 / 20	GOURA	B.A.-VI Sem	6331563	160064	9671882420	PRICE	Libro	Sheetli	कुम्भक	2.43M	चंद्र नाड़ी	Give pe	3	Metre	Knee inj	To increase lungs
27	9-5-2020 14:41:37	poojaranigajar	8 / 20	Pooja ra	B.A.-VI Sem	170075087	1545920088	8607312202	PRICE	captain	Sheetli	कुम्भक	2.43M	सूपे नाड़ी	Give pe	5	Metre	Arm inju	To make body and
28	9-5-2020 16:09:24	mojibapda@g	4 / 20	Manoj K	B.A.-VI Sem	170075041	1545910155	9728611623	PRICE	captain	Kapal B	बाह्य कु	2.43M	सूपे नाड़ी	Give Co	5	Metre	Hand inj	All of the
29	9-5-2020 16:23:43	pd766075@gm	14 / 20	Pushpa	B.A.-VI Sem	170075080	1545920089	8930641450	To bind	Libro	Nadi S	अंतः कु	2.43M	इन्म से क	Give pe	3	Metre	Arm inju	All of the above/3

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