



OFFICE OF THE PRINCIPAL
DR. BHIMRAO AMBEDKAR GOVT. COLLEGE BALODA
DIST. - MAHASMUND (C.G.)

Website- www.govtcollegebaloda.ac.in

Email- govtcollegebaloda2012@gmail.com

30 Hrs Value Added Course
on
Mindfulness and Stress Management
Syllabus

- Day 1: Introduction to Mindfulness
- Understanding the Basics and Benefits
- Day 2: Stress Awareness and Impact
- Identifying Stressors and Their Effects
- Day 3: Meditation and Breathing Techniques
- Practical Methods for Relaxation
- Day 4: Mindful Lifestyle Habits
- Incorporating Mindfulness into Daily Life
- Day 5: Time Management and Prioritization
- Balancing Academic and Personal Demands
- Day 6: Mindful Communication and Relationships
- Enhancing Interpersonal Connections
- Day 7: Physical Exercise for Stress Reduction
- Integrating Movement into Daily Routine
- Day 8: Sleep Hygiene and its Importance
- Strategies for Quality Sleep
- Day 9: Coping with Academic Stress
- Exam Stress Management and Study Tips
- Day 10: Building a Mindful Future
- Creating a Personalized Mindfulness Plan for Ongoing Well-being

Each day will include practical exercises, discussions, and reflection, making it a comprehensive 10-day program to foster mindfulness and manage stress effectively.

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By the end of this session, you'll be equipped with practical lifestyle habits that promote mindfulness in various aspects of your day. Let's cultivate a mindful and balanced lifestyle together!

Welcome to Day 5: "Time Management and Prioritization"!

Today, we tackle the essential skills of managing your time effectively and prioritizing tasks to reduce stress.

Key elements of today's session:

1. Time Awareness: Understanding how you currently use your time.
2. Prioritization Techniques: Identifying and focusing on tasks that truly matter.
3. Creating a Schedule: Developing a mindful and realistic daily routine.

By the end of this session, you'll have practical strategies to optimize your time, fostering a sense of control and balance in your daily life. Let's embark on the journey to effective time management and reduced stress!

Welcome to Day 6: "Mindful Communication and Relationships"!

Today, we explore how mindfulness can enhance the quality of your interactions with others, fostering meaningful connections.

Key points for today's session include:

1. Listening Mindfully: Developing the skill of active and empathetic listening.
2. Effective Communication: Enhancing clarity and understanding in your verbal and non-verbal communication.
3. Mindful Conflict Resolution: Approaching conflicts with presence and compassion.

By the end of this session, you'll have valuable tools to cultivate mindful communication, contributing to healthier and more fulfilling relationships. Let's dive into the world of connecting with others with awareness and intention!

Welcome to Day 7: "Physical Exercise for Stress Reduction"!

Today, we explore the powerful connection between physical activity and stress relief.

Key components of today's session include:

1. Understanding the Mind-Body Connection: Exploring how physical exercise impacts mental well-being.
2. Choosing the Right Exercise: Identifying activities that resonate with you for stress reduction.
3. Mindful Movement Practices: Incorporating mindfulness into your exercise routine.

By the end of this session, you'll have insights into how physical exercise can be a potent tool for managing stress, enhancing your overall sense of well-being. Let's embark on a journey of movement and relaxation!

Welcome to Day 8: "Sleep Hygiene and its Importance"!

Today, we delve into the crucial role of sleep in managing stress and promoting overall well-being.

Key topics for today's session include:

1. Understanding Sleep Hygiene: Establishing healthy sleep habits for better quality rest.
2. The Importance of Sleep: Exploring the impact of sleep on mental and physical health.
3. Creating a Relaxing Bedtime Routine: Developing rituals to promote restful sleep.

By the end of this session, you'll have practical tips to improve your sleep hygiene, contributing to reduced stress and enhanced overall resilience. Let's explore the transformative power of a good night's sleep!

Welcome to Day 9: "Coping with Academic Stress"!



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In today's session, we'll delve into specific coping strategies tailored to the challenges of academic life.

Key points for today include:

1. Stress-Reducing Study Techniques: Implementing efficient study habits to ease academic pressure.
2. Effective Time Management for Students: Balancing coursework, assignments, and personal time.
3. Mindful Approaches to Academic Challenges: Cultivating a positive mindset and resilience in the face of academic stressors.

By the end of this session, you'll have practical tools to cope with academic stress, fostering a more balanced and mindful approach to your studies. Let's navigate the academic journey with confidence and composure!

Welcome to Day 10: "Building a Mindful Future"!

In our final session, we'll explore how to integrate mindfulness into your future plans for sustained well-being.

Key elements of today's session include:

1. Setting Mindful Goals: Establishing aspirations aligned with your values and well-being.
2. Mindful Decision Making: Approaching choices with awareness and intention.
3. Creating a Personalized Mindfulness Plan: Crafting a roadmap for continued mindfulness in your journey.

By the end of this session, you'll have a mindful foundation for shaping your future, equipped with tools to navigate challenges and embrace opportunities with clarity and resilience. Congratulations on completing this mindfulness and stress management program! May your future be mindful and bright.

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Time table

S.No.	Date	Topic	Speaker
1	09/09/2022	Introduction to Mindfulness	Mr. Brijlal Patel Principal Navin Govt. College Pirada
2	10/09/2022	Stress Awareness and Impact	Mrs. Anita Patel Principal Dr. Bhimrao Ambedkar Govt. College Baloda
3	12/09/2022	Meditation and Breathing Techniques	Mr. Parvindra Patel Assistant Professor (English) Navin Govt. College Pirada
4	13/09/2022	Mindful Lifestyle Habits	Dr. Radheshyam Patel Assistant Professor (History) Late Virendra Bahadur Singh Govt. College, Saraipali
5	14/09/2022	Time Management and Prioritization	Mr. Ramesh Patel Assistant Professor Dr. Bhimrao Ambedkar Govt. College Baloda
6	19/09/2022	Mindful Communication and Relationships	Mr. Jitendra Patel Assistant Professor (Commerce) CPD Govt. College Pithora
7	21/09/2022	Physical Exercise for Stress Reduction	Mr. Gajanand Nayak Assistant Professor (English) Dr. Bhimrao Ambedkar Govt. College Baloda
8	22/09/2022	Sleep Hygiene and its Importance	Mrs. Kamla Diwan Assistant Professor (Political Science) Dr. Bhimrao Ambedkar Govt. College Baloda
9	26/09/2022	Coping with Academic Stress	Mrs Kiran Kumari Assistant Professor (Geography) Dr. Bhimrao Ambedkar Govt. College Baloda
10	27/09/2022	Building a Mindful Future	Dr. Surendra Sao Assistant Professor (English) Late Jaydev Sathpathi Govt. College Basna

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30 Hrs Value Added Course
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Report

Mindfulness and Stress Management Program Report

Program Overview:

The Mindfulness and Stress Management program was a 10-day immersive experience designed to equip participants with practical tools for enhancing mindfulness and effectively managing stress in various aspects of life.

Day-by-Day Summary:

1. Introduction to Mindfulness:

- Defined mindfulness and explored its benefits.
- Introduced the concept of observing thoughts and emotions without judgment.

2. Stress Awareness and Impact:

- Discussed different stressors and their effects on mental, emotional, and physical health.
- Encouraged reflection on personal stress triggers.

3. Meditation and Breathing Techniques – Practical Methods for Relaxation:

- Explored various meditation styles and their benefits.
- Practiced guided meditation and learned calming breathing techniques.

4. Mindful Lifestyle Habits:

- Explored mindful eating, movement, and technology use.
- Emphasized incorporating mindfulness into daily routines.

5. Time Management and Prioritization:

- Explored effective time management and prioritization techniques.
- Developed a mindful and realistic daily schedule.

6. Mindful Communication and Relationships:

- Discussed listening mindfully, effective communication, and conflict resolution.
- Explored building healthier and more fulfilling relationships.

7. Physical Exercise for Stress Reduction:

- Explored the mind-body connection and the impact of exercise on mental well-being.
- Introduced mindful movement practices.

8. Sleep Hygiene and its Importance:

- Discussed sleep hygiene and its impact on stress and overall well-being.
- Explored creating a relaxing bedtime routine.

9. Coping with Academic Stress:

- Identified common academic stressors.
- Discussed stress-reducing study techniques and mindful exam preparation.

10. Building a Mindful Future:

- Explored setting mindful goals and decision-making with intention.
- Created a personalized mindfulness plan for the future.



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Conclusion:

The program successfully provided participants with a holistic understanding of mindfulness and stress management. Participants gained practical tools and strategies to integrate mindfulness into various aspects of their lives, fostering resilience, balance, and overall well-being. Feedback from participants indicated increased awareness, reduced stress, and a positive impact on their daily lives.

Recommendations:

Continued sessions or follow-up activities may further reinforce mindfulness practices. Additionally, incorporating participant feedback for program refinement could enhance future iterations. Overall, the program served as a valuable resource for cultivating a mindful and stress-resilient community.

Acknowledgments:

We extend gratitude to all participants for their active engagement and commitment to personal growth. Special thanks to the facilitators and organizers for their dedication in delivering a transformative program.

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2	ANALI BARIHA	BSc I	8	15	36	7	7	73	B
3	ASHISH VIASHAL	BSc I	7	14	40	6	9	76	B
4	ATUL BHOI	BSc I	7	15	42	9	6	79	B
5	AVINASH NAND	BSc I	8	17	43	6	8	82	A
6	BHANT PRATAP NAND	BSc I	9	17	38	7	8	79	B
7	CHANDRAKALA SIDAR	BSc I	8	15	29	6	7	65	B
8	DAVID GWAL	BSc I	8	15	38	6	8	75	B
9	DILIP	BSc I	7	15	41	6	7	76	B
10	DURGESH NANDINI SINHA	BSc I	8	15	42	8	7	80	A
11	GOPRISHANKAR PRADHAN	BSc I	7	16	44	7	9	83	A
12	HASINA NAND	BSc I	9	15	39	7	6	76	B
13	HEMANT SAHU	BSc I	6	14	38	8	7	73	B
14	JAGJITI PRADHAN	BSc I	8	16	41	7	6	78	B
15	JYOTI NAYAK	BSc I	8	15	42	6	6	77	B
16	KALYANI BANCHOH	BSc I	7	18	36	9	6	76	B
17	KANTA NAND	BSc I	8	15	45	6	8	82	A
18	KIRAN SONA	BSc I	7	13	28	8	7	63	B
19	KISHAN SAHU	BSc I	6	18	36	6	7	73	B
20	LAXMIDHAR SAO	BSc I	9	17	41	6	7	80	A
21	MAMTA CHOUDHARY	BSc I	6	16	41	6	8	77	B
22	MAMTA GARJID	BSc I	9	19	42	8	8	86	A
23	MANISH KUMAR SIDAR	BSc I	6	17	40	7	9	79	B
24	MANISH SETHI	BSc I	6	15	35	7	8	71	B
25	MANJUL MEHER	BSc I	6	14	38	8	7	73	B
26	NAVYAN SINGH	BSc I	8	15	44	7	8	82	A
27	NEHA SAHU	BSc I	7	17	45	6	9	84	A
28	PANKAJ	BSc I	7	17	31	9	7	71	B
29	PANKAJ DHAWAL	BSc I	7	15	44	6	8	80	A

	PAYAL SETH	Bsc I	8	15	31	9	9	72	B
	ALAY	Bsc II	9	15	42	6	9	81	A
32	ANKITA SAHU	Bsc II	8	15	33	6	8	70	B
33	DEEPAJALI	Bsc II	7	16	43	6	7	79	B
34	DILESHWARI KULHADA	Bsc II	7	15	35	9	7	73	B
35	DIPESH SAHU	Bsc II	8	14	45	7	8	82	A
36	DIVYASINI MANHARA	Bsc II	9	16	39	7	9	80	A
37	GAYATRI	Bsc II	8	15	38	8	8	77	B
38	GEETA	Bsc II		18	42	7	8	75	B
39	GYANDEVI BUDEK	Bsc II	7	15	37	6	7	72	B
40	JHARNA SWAIN	Bsc II	8	13	42	9	8	80	A
41	JYOTI BHAWASAGAR	Bsc II	7	18	35	6	7	73	B
42	KAMAL	Bsc II	9	17	36	8	9	79	B
43	KARISHMA DEEP	Bsc II	6	16	40	6	6	74	B
44	KIIRISAGAR PRADHAN	Bsc II	8	19	42	6	8	83	A
45	KUSUM DEEWAN	Bsc II	8	17	43	6	8	82	A
46	LOKESH SONI	Bsc II	7	15	38	8	7	75	B
47	MANISHA	Bsc II	8	14	29	7	8	66	B
48	MITESH VISHAL	Bsc II	7	15	38	7	7	74	B
49	MUSKAN AGRAWAL	Bsc II	6	17	41	8	6	78	B
50	NAMITA	Bsc II	9	17	42	7	9	84	A
51	POOJA	Bsc II	6	15	44	6	6	77	B
52	PRASANNA SAHU	Bsc II	8	15	39	9	8	79	B
53	PRITI BHAWASAGAR	Bsc II	6	15	38	6	6	71	B
54	PURANDAR CHOUDHARY	Bsc II	6	15	41	8	6	76	B
55	PURNIMA BHOI	Bsc II	6	16	42	6	6	76	B
56	RAHUL TANDI	Bsc II	8	15	36	6	8	73	B
57	RAVINDRA KUMAR MEHER	Bsc II	7	14	45	6	7	79	B
58	REENA SETHI	Bsc II	7	16	28	8	7	66	C
59	ARATI SAHU	Bsc III	7	15	36	7	7	72	B
60	AASHA PANDA	Bsc III	8	18	41	7	8	82	A
61	ABHIMANYU BARIHA	Bsc III	9	15	41	8	8	81	A
62	AKSHAY BARIHA	Bsc III	8	13	42	7	9	79	B
63	ANJANA DHAWAL	Bsc III	7	18	40	6	8	79	B
64	ANUPAMA MEHER	Bsc III	7	17	35	9	7	75	B
65	ASHISH KUMAR BHOI	Bsc III	8	16	38	6	8	76	B
66	AVINASH GWAL	Bsc III	9	19	44	6	9	81	A
67	BABRUVAHAN SETH	Bsc III	8	17	45	6	7	83	A
68	BALRAM TANDI	Bsc III	8	15	31	6	8	68	B

106	GAJANAND CHHATRE	BA II		7	18	45	7	8	86	A
105	DIVYA SAHU	BA II		8	13	44	9	7	80	A
104	DINESH CHHATRE	BA II		8	15	38	6	9	76	B
103	DEVENDRA YADAV	BA II		6	18	35	6	8	75	B
102	DEVENDRA SANDE	BA II		9	15	40	6	7	74	B
101	DEEPAK YADAV	BA II		8	14	41	6	9	77	B
99	DEEPAK SONA	BA II		7	15	41	9	8	81	A
98	DEEPAK KUMAR	BA II		8	16	36	6	8	73	B
97	BHOJRAJ BHOI	BA II		9	15	28	7	7	65	C
96	BABLOO PATEL	BA II		8	15	45	8	7	83	A
95	ANKIT SAHU	BA II		7	15	36	7	7	74	B
94	AMAR SAHU	BA II		8	15	42	7	8	80	B
93	DAYANIDHI	BA I		7	17	41	8	6	79	B
92	CHARLES WILSAN BAGH	BA I		8	15	39	6	6	74	B
91	CHANCHAL MAHANAND	BA I		7	14	44	6	6	73	B
90	BHARTI SIDAR	BA I		7	17	41	6	6	79	B
89	BANAMALI NAND	BA I		8	15	42	8	6	80	B
88	ARUN KUMAR MALIK	BA I		7	19	38	9	6	79	B
87	ARCHANA PADHI	BA I		8	16	29	6	7	65	B
86	ARCHANA KUMAR	BA I		6	17	38	7	8	78	B
85	ARATI SETH	BA I		6	18	43	8	7	82	A
84	ANUJ KUMAR SAHU	BA I		7	13	42	7	8	76	B
83	ANJALI SETH	BA I		8	15	40	7	8	76	B
82	ALOK SINGH DIWAN	BA I		6	18	36	8	6	76	B
81	ALKA KAR	BA I		6	15	35	6	9	71	B
80	AJAY	BA I		9	16	42	6	7	80	A
79	AARTI SAHU	BA I		6	14	37	6	8	71	B
78	GANGA DADSENA	Bsc III		7	15	42	8	7	79	B
77	FIROJ TANDI	Bsc III		8	16	38	6	8	76	B
76	DIVYA SARVANSH	Bsc III		7	15	39	9	8	78	B
75	DEEPTI DAS	Bsc III		8	15	45	6	9	83	B
74	CHANDRAMA BHOI	Bsc III		6	15	35	7	8	73	B
73	CHANDRAKANTI TANDI	Bsc III		9	15	43	8	7	79	B
72	CHANDANEE JOLHE	Bsc III		7	17	33	7	7	73	B
71	BILI BARIHA	Bsc III		8	17	42	7	8	81	A
70	BHAVANI SHANKAR SAHU	Bsc III		7	15	34	8	9	74	B
69	BHARTI BHOI	Bsc III		8	14	38	6	9	74	B

9	HEMADRI NAIK	BA II	7	17	31	7	9	71	B
9	AARTI SONA	BA III	6	16	40	8	9	79	A
10	AJAY KUMAR RATHI	BA III	9	19	31	7	8	74	B
111	AMIR MEHER	BA III	6	17	42	6	7	78	B
112	ANKITA SAND	BA III	8	15	33	9	7	72	B
113	ANURAG	BA III	6	14	43	6	8	77	B
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120	DEVAKI BARIHA	BA III	8	15	42	7	9	81	A
121	ABHJIT RATNAKAR	Bcom I	9	16	35	8	6	74	B
122	AKASH	Bcom I	8	15	36	7	8	74	B
123	APRATIM BARIK	Bcom I	7	14	40	6	8	75	B
124	BAIJANTEE	Bcom I	7	16	42	9	7	81	A
125	BHARATLAL GARDIA	Bcom I	8	15	43	6	8	80	A
126	BHARTI TANDI	Bcom I	9	18	38	8	7	80	A
127	EBRAN TANDI	Bcom I	8	15	29	6	6	64	B
128	HEERA BARIHA	Bcom II	8	13	38	6	9	74	B
129	DURGA	Bcom II	7	18	41	6	6	78	B
130	BHARTI SAHU	Bcom II	8	17	42	8	8	83	B
131	ANJALI PATEL	Bcom II	7	16	44	7	6	80	A
132	SHRIRAM PRADHAN	Bcom II	9	19	39	7	6	80	A
133	SUSHMA BARIHA	Bcom II	6	17	38	8	6	75	B
134	LILI	Bcom II	8	15	41	7	8	79	B
135	ANAMIKA	Bcom III	8	14	42	6	7	77	B
136	ANSHUMAN NAND	Bcom III	7	15	36	9	7	74	B
137	ARCHANA	Bcom III	8	17	45	6	7	83	A
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21	MAMTA CHOUDHARY	BSc I	6	16	41	6	8	77	B
22	MAMTA GARUD	BSc I	9	19	42	8	8	86	A
23	MANISH KUMAR SIDDAR	BSc I	6	17	40	7	9	79	B
24	MANISH SETH	BSc I	6	15	35	7	8	71	B
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30	PAYAL SETTI	Bsc I	8	15	31	9	9	72	B
31	AJAY	BSc II	9	15	42	6	9	81	A
32	ANKITA SAIJU	Bsc II	8	15	33	6	8	70	B
33	DEEPANJALI	BSc II	7	16	43	6	7	79	B
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40	JHARNA SWAIN	Bsc II	8	13	42	9	8	80	A
41	JYOTI BHAWASAGAR	BSc II	7	18	35	6	7	73	B
42	KAMAL	Bsc II	9	17	36		9	71	B
43	KARISHMA DEEP	BSc II	6	16	40	6	6	74	B
44	KHIRSAGAR PRADHAN	Bsc II	8	19	42	6	8	83	A
45	KUSUM DEEWAN	BSc II	8	17	43	6	8	82	A
46	LOKESH SONI	Bsc II	7	15	38	8	7	75	B
47	MANISHA	BSc II	8	14	29	7	8	66	B
48	MITESH VISHAL	Bsc II	7	15	38	7	7	74	B
49	MUSKAN AGRAWAL	BSc II	6	17	41	8	6	78	B
50	NAMITA	Bsc II	9	17	42	7	9	84	A
51	POOJA	BSc II	6	15	44	6	6	77	B
52	PRASANNA SAHU	Bsc II	8	15	39	9	8	79	B
53	PRITI BHAWASAGAR	BSc II	6	15	38	6	6	71	B
54	PURANDAR CHOUDHARY	Bsc II	6	15	41	8	6	76	B
55	PURNIMA BHOI	BSc II	6	16	42	6	6	76	B
56	RAHUL TANDI	Bsc II	8	15	36	6	8	73	B
57	RAVINDRA KUMAR MEHER	BSc II	7	14	45	6	7	79	B
58	REENA SETH	Bsc II	7	16	28	8	7	66	C
59	AARTI SAHU	BSc III	7	15	36	7	7	72	B
60	AASHA PANDA	Bsc III	8	18	41	7	8	82	A
61	ABHIMANYU BARIHA	BSc III	9	15	41	8	8	81	A
62	AKSHAY BARIHA	Bsc III	8	13	42	7	9	79	B
63	ANJANA DHAWAL	BSc III	7	18	40	6	8	79	B
64	ANUPAMA MEHER	Bsc III	7	17	35	9	7	75	B
65	ASHISH KUMAR BHOI	BSc III	8	16	38	6	8	76	B
66	AVINASH GWAL	Bsc III	9	19	44		9	81	A
67	BABRUVAHAN SETH	BSc III	8	17	45	6	7	83	A
68	BALRAM TANDI	Bsc III	8	15	31	6	8	68	B

69	BHARTI BHOI	Bsc III	7	14	38	6	9	74	B
70	BHAVANI SHANKAR SAHU	Bsc III	8	15	34	8	9	74	B
71	BILLI BARIHA	Bsc III	7	17	42	7	8	81	A
72	CHANDANEJ JOLHE	Bsc III	9	17	33	7	7	73	B
73	CHANDRAKANTI TANDI	Bsc III	6	15	43	8	7	79	B
74	CHANDRAMA BHOI	Bsc III	8	15	35	7	8	73	B
75	DEEPTI DAS	Bsc III	8	15	45	6	9	83	B
76	DIVYA SARVANSH	Bsc III	7	15	39	9	8	78	B
77	FIROJ TANDI	Bsc III	8	16	38	6	8	76	B
78	GANGA DADSENA	Bsc III	7	15	42	8	7	79	B
79	AARTI SAHU	BA I	6	14	37	6	8	71	B
80	AJAY	BA I	9	16	42	6	7	80	A
81	ALKA KAR	BA I	6	15	35	6	9	71	B
82	ALOK SINGH DIWAN	BA I	8	18	36	8	6	76	B
83	ANJALI SETH	BA I	6	15	40	7	8	76	B
84	ANUJ KUMAR SAHU	BA I	6	13	42	7	8	76	B
85	ARATI SETH	BA I	6	18	43	8	7	82	A
86	ARCHANA KUMAR	BA I	8	17	38	7	8	78	B
87	ARCHANA PADHI	BA I	7	16	29	6	7	65	B
88	ARUN KUMAR MALIK	BA I	7	19	38	9	6	79	B
89	BANAMALINAND	BA I	7	17	41	6	9	80	A
90	BHARTI SIDAR	BA I	8	15	42	8	6	79	B
91	CHANCHAL MAHANAND	BA I	9	14	44	6		73	B
92	CHARLES WILSAN BAGH	BA I	8	15	39	6	6	74	B
93	DAYANIDHI	BA I	7	17	38	6	6	74	B
94	AMAR SAHU	BA II	7	17	41	8	6	79	B
95	ANKIT SAHU	BA II	8	15	42	7	8	80	B
96	BABLOO PATEL	BA II	9	15	36	7	7	74	B
97	BHOIRAJ BHOI	BA II	8	15	45	8	7	83	A
98	DEEPAK KUMAR	BA II	8	15	28	7	7	65	C
99	DEEPAK SONA	BA II	7	16	36	6	8	73	B
100	DEEPAK YADAV	BA II	8	15	41	9	8	81	A
101	DEEPENDRA TANDI	BA II	7	14	41	6	9	77	B
102	DEVENDRA SANDE	BA II	9	16	42	9	8	84	A
103	DEVENDRA YADAV	BA II	6	15	40	6	7	74	B
104	DINESH CHHATRE	BA II	8	18	35	6	8	75	B
105	DIVYA SAHU	BA II	8	15	38	6	9	76	B
106	GAJANAND CHHATRE	BA II	7	13	44	9	7	80	A
		BA II	8	18	45	7	8	86	A

108	HIMADRI NAIK	BA II	7	17	31	7	9	71	B
109	AARTI SONA	BA III	6	16	40	8	9	79	A
110	AJAY KUNJAR RATH	BA III	9	19	31	7	8	74	B
111	AMR MEHER	BA III	6	17	42	6	7	78	B
112	ANNITA SAND	BA III	8	15	33	9	7	72	B
113	ANTRAG	BA III	6	14	43	6	8	77	B
114	ARUN JOLHE	BA III	6	15	35	8	9	73	B
115	ARUNKESH BHOI	BA III	6	17	45	6	8	82	A
116	ASHISH CHOUDHAN	BA III	8	17	39	6	8	78	B
117	BHAGYASINI BARIHA	BA III	7	15	38	6	7	73	B
118	BHUVANESHWER BAGH	BA III	7	15	42	8	8	80	A
119	DEEPAK BHOI	BA III	7	15	37	7	7	73	B
120	DEVAKI BARIHA	BA III	8	15	42	7	9	81	A
121	ABHJIT RATNAKAR	Bcom I	9	16	35	8	6	74	B
122	AKASH	Bcom I	8	15	36	7	8	74	B
123	APRATIM BARIK	Bcom I	7	14	40	6	8	75	B
124	BAJANTEE	Bcom I	7	16	42	9	7	81	A
125	BHARATLAL GARDIA	Bcom I	8	15	43	6	8	80	A
126	BHARTI TANDI	Bcom I	9	18	38	8	7	80	A
127	EBRAN TANDI	Bcom I	8	15	29	6	6	64	B
128	HEERA BARIHA	Bcom II	8	13	38	6	9	74	B
129	DURGA	Bcom II	7	18	41	6	6	78	B
130	BHARTI SAHU	Bcom II	8	17	42	8	8	83	B
131	ANJALI PATEL	Bcom II	7	16	44	7	6	80	A
132	SHRIRAM PRADHAN	Bcom II	9	19	39	7	6	80	A
133	SUSHMA BARIHA	Bcom II	6	17	38	8	6	75	B
134	LILI	Bcom II	8	15	41	7	8	79	B
135	ANAMIKA	Bcom III	8	14	42	6	7	77	B
136	ANSHUMAN NAND	Bcom III	7	15	36	9	7	74	B
137	ARCHANA	Bcom III	8	17	45	6	7	83	A
138	ASHOK BHOI	Bcom III	7	17	28	9	8	69	B

