

UNIVERSITY GRANTS COMMISSION

HUMAN RESOURCE DEVELOPMENT CENTRE



GURU GHASIDAS VISHWAVIDYALAYA
BILASPUR (C.G.) INDIA – 495009



(A Central University Established Under the Central Universities Act, 2009 No. 25 of 2009)

Reg. ID: I04092021093714

Certificate No: 19/21

Date: 24/01/2022

UGC-SPONSORED REFRESHER COURSE (ONLINE)



CERTIFICATE

This is to certify that Dr. Tilak Raj Meena, Assistant Professor, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) participated in the Refresher Course On Yoga: Health, Fitness, Wellness & First Aid (Interdisciplinary) from 10/01/2022 to 22/01/2022 and obtained Grade A.

Director

Coordinator

Vice-Chancellor

The grades should be as follows :

A+ : 85 percent and above

A : 70 percent to less than or equal to 84 percent

B : 60 percent to less than or equal to 69 percent

C : 50 percent to less than or equal to 59 percent

F : Below 49 percent

Those teacher participants who get **F** grades are required to repeat the programme after a gap of one year without financial commitment to UGC-HRDC.