



Certificate Course in Applied Nutrition



A Joint Collaborative Initiative of Ganga Devi Mahila Mahavidyalaya and Vidya Diet Clinic

The Memorandum of Understanding has been signed on 10 May 2022 between Ganga Devi Mahila Mahavidyalaya and Vidya Diet Clinic with following terms and conditions.

FIRST PARTY

GANGA DEVI MAHILA MAHAVIDYALAYA
PATLIPUTRA UNIVERSITY
KANKARBAGH, PATNA - 800020

Mari Bala
10.5.22
PRINCIPAL
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20

SECOND PARTY

VIDYA DIET CLINIC
ISO-9001 - 2015 (QMS)
B-184, VIDYA ENCLAVE, KANKARBAGH
PATNA - 800020

Vidya
10.05.22

1. The objective of the course is to inculcate nutrient rich healthy Diet for participants, their family and general society, as healthy minds lives in a healthy body. It is to enable them for job in wellness sector too.
2. 12 weeks regular Course 'Certificate Course in Applied Nutrition'
3. The course will jointly run under the aegis of Vidya Diet Clinic.
4. The course will run for next two years i.e, 2022-2024.
5. The fee structure for the course will be Rs 300 for Ganga Devi Mahila Mahavidyalaya Students and for others it will be Rs. 1000 with the option to increase/refix it by Vidya Diet Clinic.
6. The course will be conducted at both places i.e, Ganga Devi Mahila Mahavidyalaya and Vidya Diet Clinic.
7. Classes will be facilitated by subject experts and staffs of Vidya Diet Clinic.
8. The certificate will be jointly signed by Principal Ganga Devi Mahila Mahavidyalaya and founder of Vidya Diet Clinic.
9. Full fee will be collected by Vidya Diet Clinic and the share of fee collected would be 40 percent to college and 60 percent to VIDYA DIET CLINIC. Expense of stationaries, banner and certificates will be borne by the college.
10. The strength of one batch will be 30.

Vidya
10.05.22

Mari Bala
10.5.22
PRINCIPAL
GANGA DEVI MAHILA MAHAVIDYALAYA
KANKARBAGH, PATNA-20



Certificate Course in Applied Nutrition



A Joint Collaborative Initiative for Ganga Devi
Mahila Mahavidyalaya and Vidua Diet Clinic

Why Applied Nutrition?

- ➡ Growing Opportunity to Facilitate Health through proper Nutrition.
- ➡ Need to manage and interpret the interrelationship between diet and disease.
- ➡ Need to prepare a Nutrition counselling workforce that could play valuable role in combating the double burden of malnutrition.
- ➡ Design and Develop innovative dietary solutions to address issues related to nutrition.
- ➡ Participate in Nutrition Research team.



Who can apply?

Undergraduate/ Graduate/ Postgraduate/ Ph.D Students/ Faculties/ or
Public Health Professionals

Duration: 12 weeks

Fee INR 300 for GDMM Students, INR 1000 for Others

For Details

Contact: Dr Vidya (Course Coordinator) Mobile No. 9472587010



Certificate Course in Applied Nutrition



**A Joint Collaborative Initiative of Ganga Devi
Mahila Mahavidyalaya and Vidya Diet Clinic**

Registration Form

Name _____ D.O.B _____

Gender _____ Father's Name _____

Local Address _____

Permanent Address _____

Mobile No. _____ Whatsapp No. _____

Email Id: _____

Profession: Student Teacher Other

Maximum Qualification: UG PG Ph.D.

Faculty: Arts Science Commerce

Name of College _____

Name of University _____

Year of Passing _____

Certificate Course in Applied Nutrition

Course Structure

1. Health & Factors Affecting Health
2. Lifestyle Diseases
3. Mother & Child Health
4. Basic Concept of Nutrition
5. Planning Diet
6. Meal Planning for Different Age Groups
7. Meal Planning for Lifestyle Diseases
8. Project Work: Case Study
9. ASSESSMENT

Certificate Course in Applied Nutrition Syllabus

- 1. HEALTH** – Definition, Types of Health, Factors affecting health, Preserving good Health, and Health Indicators.
- 2. MOTHER AND CHILD HEALTH** - Meaning, Importance, Mother Health Care, Child Health Care, Nutritional Problems of Children and Adolescent Girls.
- 3. LIFESTYLE DISEASES** – Meaning, Characteristics, Causes, Metabolic Risk Factors (Obesity, Diabetes Mellitus, Hypertension, Dyslipidemia, Heart Disease, Hypothyroidism), and Dietary Treatment.
- 4. BASIC NUTRITION** – Nutrition, Nutrients, Food and Food Groups and their Nutrient Contents, Balanced Diet, Nutrient Requirement and Recommended Dietary Allowance, Nutrition-Related Disorders.
- 5. PLANNING DIET** – Weight and Measures, Finding Nutritive Value, Meal Planning- Importance and Principles of Meal Planning.
- 6. MEAL PLANNING FOR DIFFERENT AGE GROUPS** – College Going Girls, Pregnant Mothers, Lactating Mothers, Children, Adults and Old Age
- 7. MEAL PLANNING FOR LIFESTYLE DISEASES** – Obesity, Diabetes, Hypertension, Ulcer, Dyslipidemia and Hypothyroidism
- 8. PROJECT WORK** – Case Study, Chart and Poster, Preparation of Nutritious food.

ASSESSMENT.....Full Marks: 100

1. Assignment.....20
2. Project and Practical.....20
3. Article writing.....20
4. Attendance.....20
5. MCQ.....20

Certificate Course in Applied Nutrition (01.08.2022 - 01.11.2022)

Sl. No.	Name of Students Registered and successfully completed the course	
1	Priyanka kumari	I.Sc 2nd Year. GDMM B.Sc II Zoo Hons
2	Queen Ranjan	GDMM B.Sc II Zoo Hons
3	Sneha Kumari	GDMM B.Sc II Zoo Hons
4	Anjali Kumari	GDMM B.Sc II Zoo Hons
5	Shruti Sonal	GDMM B.Sc II Zoo Hons
6	Shalini Kumari	GDMM B.Sc II Zoo Hons
7	Anshika Raj	GDMM B.Sc II Zoo Hons
8	Damini Chaudhary	GDMM B.Sc II Zoo Hons
9	Ankita Kumari	GDMM B.Sc II Zoo Hons
10	Shail Kumari	GDMM BA II H.Sci Hons
11	Ragini Kumari	GDMM B.Sc II Zoo Hons
12	Mamta Kumari	GDMM B.Sc II Zoo Hons
13	Soni Kumari	GDMM B.Sc II Zoo Hons
14	Firdous Naaz	GDMM B.A II Hindi Hons
15	Tanu Kumari	GDMM BA II H.Sci Hons
16	Tanuja Kumari	GDMM BA II H.Sci Hons
17	Shivani Kumari	GDMM BA III H.Sci. Hons
18	Purnima Kumari	GDMM BA III H.Sci. Hons
19	Anjali Kumari	GDMM BA II H.Sci Hons
20	Minni Kumari	GDMM B.Sc II Zoo Hons
21	Simmi Kumari	GDMM M.A. H.Sci Hons
22	Sangita Kumari	GDMM M.A. Pol.Sci Hons J.D Womens
23	Kirtee Kumari	College B.Sc Zoo Hons T.P.S
24	Anjali Kumari	College B.A. Pol. Sci. Hons GDMM 2020
25	Shweta Kumari	Batch

26	Palak Sinha	I.Sc. (I I School)
27	Jyoti Kumari	B.Sc II Zoo Hons GDMM
28	Shalini Priya	B.Sc II Zoo Hons GDMM
29	Shristy Suman	BA II H.Sci Hons GDMM
30	Khushboo Kumari	B.Sc II Zoo Hons GDMM

Vidya



CERTIFICATE COURSE IN APPLIED NUTRITION

Organised by

Vidya Diet Clinic in Collaboration with Ganga Devi Mahila Mahavidyalaya
Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Kirtee Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022... to 01.11.2022... and obtained Grade*A*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Tanu Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'A'*

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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THIS IS TO CERTIFY THAT

Shail Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'A'*

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Priyanka Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'B'*

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

.....*Shalini Kumari*.....

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022*..... to *01.11.2022*..... and obtained Grade*A+*.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Anjali Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained Grade 'B'

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Palak Sinha

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022... to 01.11.2022..... and obtained Grade^{'A'}.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Anjali Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained Grade*B*.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Soni Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'B'*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala
Prof. In-Charge
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THIS IS TO CERTIFY THAT

Purnima Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.09.2022 to 01.11.2022 and obtained Grade B

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala
Prof. In-Charge
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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

.....*Queen Ranjan*.....

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022*..... to *01.11.2022*..... and obtained Grade*A*.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)



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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Shalini Priya

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *A⁺*

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

-----*Anshika Raj*-----

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'A'*

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala
Prof. In-Charge
(GDMM, Patna)





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THIS IS TO CERTIFY THAT

Sangita Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained Grade 'A'

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Shruti Sonal

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained GradeA'.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Firdous Naaz

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from ..01.08.2022.. to ..01.11.2022.. and obtained Grade*A+*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Shivani Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade**B**.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Sneha Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022*.... to *01.11.2022*... and obtained Grade*'B'*.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Shristy Suman

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01:08:2022*..... to *01:11:2022*... and obtained Grade *'B'*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Khushbom Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained Grade A

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala
Prof. In-Charge
(GDMM, Patna)





CERTIFICATE COURSE IN APPLIED NUTRITION



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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Mamta Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022*..... to *01.11.2022*..... and obtained Grade*A+*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Tanuja Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained Grade 'B'

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





CERTIFICATE COURSE IN APPLIED NUTRITION



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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

-----*Anjali Kumari*-----

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022... to 01.11.2022... and obtained Grade ...*B'*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





CERTIFICATE COURSE IN APPLIED NUTRITION

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THIS IS TO CERTIFY THAT

Jyoti Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.09.2022* to *01.11.2022* and obtained Grade*A⁺*.....

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

----- *Mini Kumari* -----

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022 to 01.11.2022 and obtained Grade 'B'

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Ragini Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'B'*

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Ankita Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from 01.08.2022..... to 01.11.2022..... and obtained Grade*'A'*.....

Dr. Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
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THIS IS TO CERTIFY THAT

Shweta Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from*01.08.2022*..... to*01.11.2022*..... and obtained Grade*'B'*.....

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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THIS IS TO CERTIFY THAT

Simoni Kumari

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'B'*

Vidya

Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala

Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)





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Patliputra University, Patna-8000 20

THIS IS TO CERTIFY THAT

Damini Chaudhary

has successfully completed 12 weeks Certificate

Course in Applied Nutrition from *01.08.2022* to *01.11.2022* and obtained Grade *'B'*

Vidya
Dr. Vidya

Founder of Vidya Diet Clinic &
Asst. Prof., (GDMM, Patna)

Mani Bala
Prof. (Dr.) Mani Bala

Prof. In-Charge
(GDMM, Patna)

