

time sample observation example Workbook

Time sample observation example is a fundamental method used in various fields such as psychology, education, healthcare, and business to analyze behaviors, processes, or activities over a specific period. This observational technique involves recording the occurrence or non-occurrence of a particular behavior or event at predetermined intervals, providing a snapshot of activity patterns over time. It is especially useful for understanding how individuals or groups allocate their time, identifying peak activity periods, and detecting patterns that may not be apparent through casual observation or self-reporting. In this article, we will explore what a time sample observation entails, provide a detailed example, and discuss its applications, advantages, and steps to conduct an effective time sample observation.

Understanding Time Sample Observation

What is a Time Sample Observation?

A time sample observation involves dividing a total observation period into equal intervals and recording whether a specific behavior occurs during each interval. Unlike continuous observation, which involves recording every instance of behavior, time sampling provides a manageable way to gather data by focusing on specific moments, thus reducing observer fatigue and increasing efficiency.

Types of Time Sampling

There are several common types of time sampling methods, each suited to different research needs:

- **Periodic Time Sampling:** Observations are made at regular, predetermined intervals, such as every 5 or 10 minutes.
- **Random Time Sampling:** Observation intervals are randomly selected to minimize bias.
- **Partial Interval Recording:** The observer notes if the behavior occurs at any time during the interval, regardless of how many times it occurs.
- **Whole Interval Recording:** The observer records if the behavior occurs throughout the entire interval.

Detailed Example of a Time Sample Observation

To better understand how a time sample observation works, let's consider a practical example in a classroom setting. Suppose a teacher wants to analyze student engagement during a math lesson

to improve instructional strategies.

Scenario Description

- Objective: To observe how often students are actively engaged in solving problems during a 30-minute math lesson.
- Behavior of Interest: Student engagement, defined as students actively participating, raising hands, or working on their assignments.
- Observation Method: Partial interval recording with 5-minute intervals.

Planning the Observation

Before beginning, the observer prepares:

- A clear definition of what constitutes "engagement."
- A schedule dividing the 30-minute lesson into six intervals: 0-5, 5-10, 10-15, 15-20, 20-25, 25-30 minutes.
- An observation sheet or recording device to mark whether the behavior occurred in each interval.

Conducting the Observation

During the lesson:

- The observer notes whether students were engaged at any point during each 5-minute interval.
- For each interval, the observer marks 'Yes' if engagement was observed at any time during that period; otherwise, 'No.'

Sample Data Collection

Interval (Minutes) Engagement Observed? Notes		
----- ----- -----		
0-5	Yes	Students worked on problems actively
5-10	No	Few students paying attention

| 10-15 | Yes | Many students raising hands |

| 15-20 | Yes | High participation in group activity |

| 20-25 | No | Distractions, off-task behavior |

| 25-30 | Yes | Final review, students attentive |

Analyzing the Data

Using the collected data, the teacher can determine:

- The overall percentage of intervals with engagement: 4 out of 6, or approximately 67%.
- Patterns such as increased engagement during group activities or declines during certain segments.
- Potential factors influencing engagement, like lesson structure or timing.

Applications of Time Sample Observation

Time sample observation is versatile and applicable in numerous contexts:

- **Educational Settings:** Tracking student participation, classroom behavior, or teacher interactions.
- **Healthcare:** Monitoring patient activities, medication adherence, or physiological responses over time.
- **Psychological Research:** Observing behaviors related to mental health, social interactions, or habits.
- **Workplace Analysis:** Assessing employee productivity, workflow patterns, or safety compliance.
- **Behavioral Studies:** Examining habits, routines, or responses to stimuli in naturalistic settings.

Advantages of Time Sample Observation

This method offers several benefits:

- **Efficiency:** Reduces the amount of data to be recorded, saving time and effort.
- **Clarity:** Provides clear snapshots of behavior at specific intervals, making data easier to analyze.

- **Flexibility:** Adaptable to various behaviors, settings, and research questions.
- **Minimized Observer Bias:** Structured intervals help standardize observations across different times or observers.

Steps to Conduct a Time Sample Observation

Conducting an effective time sample observation involves careful planning and execution:

- **Define the Behavior of Interest:** Clearly specify what you are observing to ensure consistency.
- **Choose the Observation Period:** Decide on the total duration suitable for your study or needs.
- **Select the Intervals:** Determine the length and type of sampling intervals based on the behavior's frequency and context.
- **Prepare Observation Tools:** Use recording sheets, timers, or electronic devices to track data accurately.
- **Train Observers:** Ensure everyone involved understands the definitions and procedures to maintain reliability.
- **Conduct the Observation:** Record data systematically during each interval, being consistent across sessions.
- **Analyze the Data:** Summarize the findings, identify patterns, and draw conclusions relevant to your objectives.

Limitations and Considerations

While useful, time sample observation has limitations:

- It may miss behaviors that occur outside the sampling intervals.
- The choice of interval length can influence results; too long may overlook short behaviors, too short may be impractical.
- Observer bias or inconsistency can affect data quality; training and standardization are crucial.
- Not suitable for behaviors that are highly variable or spontaneous unless combined with other methods.

Conclusion

Time sample observation is a valuable tool for systematically capturing behavioral data over specific periods, offering insights into patterns and trends that inform interventions, strategies, or research conclusions. By understanding its methodology, advantages, and limitations, practitioners and researchers can effectively implement this technique across diverse settings. The example of classroom engagement illustrates how structured intervals and clear definitions can yield meaningful

data, ultimately enhancing understanding and decision-making in educational and organizational contexts. Whether for academic research or practical applications, mastering the art of time sample observation can significantly contribute to more informed and effective practices.

Time sample observation example is a fundamental methodological approach in the realm of behavioral research, educational assessment, and workplace analysis. It provides a systematic way to record and analyze behaviors or activities over specific intervals, enabling researchers and practitioners to gain insights into patterns, frequency, and duration of particular actions. This technique is particularly valuable when studying complex, dynamic environments where continuous observation might be impractical or resource-intensive. By examining a well-designed time sample observation example, one can understand how this method can be effectively employed across various fields, its strengths and limitations, and best practices for implementation.

Understanding Time Sample Observation

Time sample observation is a structured observational method where behaviors or activities are recorded during predetermined time intervals. Instead of continuous monitoring, observers focus on specific moments or periods, capturing data at regular or strategically chosen intervals. This approach simplifies data collection, reduces observer fatigue, and offers a representative snapshot of behaviors within a broader context.

Definition and Purpose:

Time sampling involves dividing observation periods into discrete intervals—say, 30 seconds, 1 minute, or 5 minutes—and recording whether a specific behavior occurs during each interval. The primary goal is to estimate the proportion of time spent on particular behaviors or activities, identify patterns, and infer trends over time.

Key Features:

- Interval-based recording: Observations are made during specified time segments.
- Selective recording: Only behaviors of interest are noted, reducing data complexity.
- Representation: Provides a statistically valid estimate of behavior frequency or duration.

Types of Time Sampling Methods

Various techniques exist within the realm of time sampling, each suited for different research objectives and environments.

1. Whole Interval Recording

In this method, the observer notes whether the behavior occurs throughout the entire interval. If the behavior is present for the entire duration, it is recorded; if not, it is not. This approach is useful for assessing the duration and consistency of behaviors.

Advantages:

- Captures behavior persistence over the interval.
- Suitable for measuring ongoing behaviors.

Limitations:

- May underestimate the frequency if behaviors occur intermittently within the interval.

2. Partial Interval Recording

Here, the observer records whether the behavior occurs at any time during the interval, regardless of duration. Multiple behaviors can be recorded as occurring within the interval.

Advantages:

- Easier to implement; less demanding than whole interval.
- Useful for capturing the occurrence of behaviors that are brief.

Limitations:

- Can overestimate frequency if behaviors are frequent but brief.

3. Momentary Time Sampling

In this approach, the observer checks at the end of each interval whether the behavior is occurring at that specific moment. It's akin to taking a snapshot at regular intervals.

Advantages:

- Efficient and less intrusive.
- Good for estimating the proportion of time behaviors are present.

Limitations:

- May miss behaviors that occur outside the sampling points.

Designing a Time Sample Observation: An Example

To illustrate the practical application of the method, consider a teacher who wants to analyze student engagement during a math lesson. The goal is to determine how much time students spend actively engaged versus distracted.

Step 1: Define Behaviors of Interest

- Active engagement (listening, participating).
- Distraction (talking to peers, off-task behavior).

Step 2: Choose Observation Schedule

- Use 1-minute intervals throughout the 45-minute lesson.
- Decide on the sampling method: partial interval recording.

Step 3: Record Data

During each minute, the observer notes whether students are engaged or distracted at the end of the interval. For example, if at the 1-minute mark, students are engaged, mark 'yes' for engagement; if distracted, mark 'no'.

Step 4: Analyze Results

- Calculate the percentage of intervals where students were engaged versus distracted.
- Identify patterns?are engagement levels higher at certain parts of the lesson?

Advantages of Time Sample Observation

- Efficiency: Reduces the amount of data to be recorded, making it manageable, especially in busy environments.
- Flexibility: Can be tailored to different behaviors, settings, and research goals.

- Representativeness: When properly designed, provides a reliable estimate of behaviors over time.
- Reduced Observer Fatigue: Less continuous attention needed, decreasing fatigue and increasing accuracy.

Limitations and Challenges

- Sampling Bias: If intervals are poorly timed or not representative, data may be skewed.
- Missed Behaviors: Brief or sporadic behaviors might be underrepresented, especially with certain sampling techniques.
- Dependence on Observation Skills: Requires training to ensure consistent and accurate data collection.
- Limited Contextual Data: Focuses on specific behaviors within intervals; broader contextual understanding may require supplementary methods.

Best Practices for Implementing Time Sample Observation

- Clear Operational Definitions: Precisely define behaviors to ensure consistent recording.
- Consistent Scheduling: Use fixed intervals and times to ensure comparability.
- Observer Training: Train observers thoroughly to minimize variability.
- Pilot Testing: Conduct preliminary observations to refine interval length and recording procedures.
- Data Analysis Planning: Decide ahead of time how data will be analyzed to ensure meaningful interpretation.

Applications Across Fields

Time sample observation is versatile and finds applications in diverse domains:

Education:

Assessing student participation, attention, or on-task behavior during lessons.

Workplace:

Monitoring employee productivity, breaks, or safety compliance.

Healthcare:

Observing patient behaviors, adherence to treatment protocols, or caregiver interactions.

Research:

Studying animal behavior in ecological studies or social interactions.

Case Study: Using Time Sample Observation in Classroom Behavior

A researcher wants to evaluate the impact of a new teaching method on student attention span. They employ time sample observation by selecting 10-minute segments during different classes, recording whether students are attentive at the end of each minute.

Findings:

- The data reveal that attention levels are higher during the new method compared to traditional lectures.
- Patterns emerge showing that engagement peaks at certain times and drops during others, guiding further instructional design.

This example illustrates how time sample observation provides actionable insights without the resource demands of continuous observation.

Conclusion

Time sample observation example demonstrates a practical, efficient, and versatile approach to behavioral data collection. Whether used in classrooms, workplaces, or research settings, it offers a structured way to capture behaviors over time, facilitating analysis of patterns and trends. While it has limitations?such as potential for missed brief behaviors or sampling bias?these can be mitigated through careful design, training, and supplementary methods. When applied thoughtfully, time sampling can significantly enhance understanding of complex behaviors, inform interventions, and support evidence-based decision-making across numerous fields.

By mastering the principles of time sample observation, practitioners and researchers can unlock rich, timely insights into behavior that might otherwise be difficult or impractical to capture continuously.

Question What is a time sample observation example in research? A time sample observation example involves recording behaviors or events at specific, predetermined time intervals to analyze patterns or frequency over time. How do you perform a time sample observation in a classroom setting? In a classroom, you might observe student engagement by recording their

participation at 10-minute intervals throughout the day to identify activity patterns. What are the benefits of using time sample observations in behavioral studies? Time sample observations provide systematic data collection, help identify trends over time, and allow for efficient analysis of behaviors within specific periods. Can you give an example of a time sample observation in a healthcare setting? Yes, observing patient mobility every 15 minutes during a rehabilitation session to assess progress and activity levels over time. What are key considerations when designing a time sample observation? Important considerations include selecting appropriate sampling intervals, defining clear observation criteria, and ensuring consistent recording methods. How do you analyze data collected from a time sample observation? Data analysis typically involves calculating frequencies, percentages, or patterns of behaviors during the observed intervals to identify trends or anomalies. What tools can be used to facilitate time sample observations? Tools such as timers, checklists, observation sheets, or digital apps can help streamline data collection during time sample observations.

Related keywords: time sampling, observation methods, behavioral recording, data collection, sampling techniques, observational study, behavioral analysis, observational research, data sampling, research methodology

GNDU SAMPLE PAPERS GNDU SAMPLE PAPERS

gndu sample papers gndu sample papers are an essential resource for students preparing for exams at Guru Nanak Dev University (GNDU). Whether you're a first-year undergraduate or a postgraduate student, accessing and practicing with sample papers can significantly enhance your exam readiness, boost confidence, and improve overall academic performance. In this comprehensive guide, we will explore everything you need to know about GNDU sample papers, their importance, how to access them, and tips for effective preparation.

Understanding the Importance of GNDU Sample Papers

Sample papers serve as a mirror to the actual exams, offering students a glimpse of the question paper pattern, marking scheme, and the types of questions that may appear. Here's why GNDU sample papers are invaluable:

1. Familiarity with Exam Pattern

Sample papers help students understand the structure of the question paper, including:

- Number of questions
- Types of questions (short answer, long answer, multiple choice, etc.)
- Distribution of marks
- Time allocation per section

2. Practice and Time Management

Consistent practice using sample papers enhances speed and accuracy, allowing students to manage their exam time effectively.

3. Identifying Important Topics

Practicing sample papers highlights recurring questions and topics, guiding students to focus their revision on significant areas.

4. Reducing Exam Anxiety

Familiarity with the question pattern reduces uncertainty and nervousness during the actual exam.

Types of GNDU Sample Papers Available

GNDU offers a variety of sample papers tailored for different courses and semesters. These include:

1. Undergraduate Sample Papers

For courses like B.A., B.Sc., B.Com., B.Tech., and others, covering all semesters and subjects.

2. Postgraduate Sample Papers

For master's programs such as M.A., M.Sc., M.Com., MBA, and more.

3. Professional and Diploma Courses

Sample papers for diploma and certificate courses offered by GNDU.

4. Previous Year Question Papers

Though technically not the same as sample papers, previous year papers are often used interchangeably and provide real exam scenarios.

How to Access GNDU Sample Papers

Accessing sample papers is straightforward, with multiple sources available:

1. Official GNDU Website

The most reliable source is the official Guru Nanak Dev University website:

- Visit gndu.ac.in
- Navigate to the 'Examinations' or 'Student Resources' section
- Look for 'Sample Question Papers' or 'Previous Year Papers'
- Select your course, semester, and subject to download PDFs

2. University Departments and Faculties

Departments often upload sample papers relevant to their specific courses on departmental portals or notice boards.

3. Educational Portals and Bookstores

Many educational websites and bookstores provide compiled collections of GNDU sample papers, often with solutions and practice tests.

4. Coaching Centers and Online Forums

Coaching institutes and online student forums share sample papers, mock tests, and tips for effective preparation.

Effective Strategies for Using GNDU Sample Papers

Merely downloading sample papers isn't enough; students must adopt strategies to maximize their benefits:

1. Create a Study Schedule

Allocate specific days for practicing sample papers, ensuring coverage of all subjects before exams.

2. Simulate Exam Conditions

Attempt sample papers within the set time limit and in a quiet environment to mimic real exam conditions.

3. Analyze Your Performance

Post-practice, evaluate your answers to identify strengths and weaknesses. Focus on improving areas where mistakes are frequent.

4. Review Solutions and Explanations

Compare your answers with model solutions to understand correct approaches and learn alternative methods.

5. Revise Important Topics

Use insights from sample papers to revise key topics, ensuring comprehensive preparation.

Benefits of Regular Practice with GNDU Sample Papers

Consistent practice with sample papers offers numerous advantages:

- **Enhanced Problem-Solving Skills:** Develops quick thinking and analytical abilities.
- **Improved Memory and Retention:** Reinforces learning and helps memorize important concepts.
- **Increased Confidence:** Familiarity with question types reduces exam anxiety.
- **Better Score Potential:** Practice helps identify common questions, increasing chances of scoring higher.

Tips for Effective Exam Preparation Using GNDU Sample Papers

To derive maximum benefit from sample papers, consider these tips:

1. Start Early

Begin practicing well in advance of exams to allow ample revision and self-assessment.

2. Cover All Subjects

Ensure all course topics are practiced; don't focus solely on weaker areas.

3. Maintain Accuracy Over Speed

Initially, prioritize accuracy to understand concepts, then gradually increase speed.

4. Seek Clarification

If you encounter doubts while practicing, consult teachers or peers for clarification.

5. Keep a Record

Maintain a log of your practice scores and errors to monitor progress.

Conclusion

gndu sample papers gndu sample papers are an indispensable tool for students aiming for academic excellence at Guru Nanak Dev University. By regularly practicing these sample papers, students can gain familiarity with exam patterns, improve their time management skills, and boost their confidence. Remember, consistent practice paired with strategic revision is the key to success in university examinations. Access these resources from official and trusted sources, adopt effective study strategies, and stay committed to your preparation journey for the best results.

FAQs about GNDU Sample Papers

- **Are GNDU sample papers available for all courses?** Yes, sample papers are available for most undergraduate, postgraduate, and professional courses offered by GNDU.
- **Can I find solved sample papers online?** Yes, many educational websites and coaching institutes provide solved sample papers for better understanding.
- **How often should I practice sample papers?** It's recommended to practice at least one sample paper per subject per week, depending on your syllabus timeline.
- **Do practicing sample papers guarantee good grades?** While practicing improves your chances, success also depends on thorough revision, understanding concepts, and exam strategies.

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In the realm of higher education, especially for students pursuing undergraduate and postgraduate courses at Guru Nanak Dev University (GNDU), the importance of effective exam preparation cannot be overstated. One of the most vital resources that students turn to for honing their skills and understanding the exam pattern is the collection of GNDU sample papers. These sample papers serve as a mirror reflecting the actual question papers, enabling students to gauge the difficulty level, structure, and types of questions they can expect in their upcoming exams. In this article, we delve into the significance of GNDU sample papers, how they can be utilized effectively, and the benefits they bring to students' academic success.

Understanding the Significance of GNDU Sample Papers

What Are GNDU Sample Papers?

GNDU sample papers are meticulously curated question papers that replicate the format, marking scheme, and difficulty level of actual university examinations. These papers are often prepared by faculty members, university departments, or trusted educational platforms to aid students in their preparation.

Why Are Sample Papers Important?

Sample papers are more than just practice tools; they are strategic resources that help students:

- Familiarize themselves with the exam pattern: Understanding the distribution of questions, types (descriptive, objective, short answer), and marking scheme.
- Identify important topics: Recognizing recurring themes and frequently asked questions.
- Improve time management: Practicing within time limits to ensure efficiency during the actual exam.
- Boost confidence: Reducing exam anxiety by practicing under simulated conditions.
- Assess their preparation level: Gauging strengths and weaknesses to focus their revision.

How to Access GNDU Sample Papers

Official University Resources

The most reliable source for GNDU sample papers is the official university website. GNDU regularly uploads sample papers for various courses and subjects, often aligned with the latest syllabus updates.

Educational Platforms and Coaching Institutes

Many reputed coaching centers and educational websites curate and distribute sample papers tailored for GNDU exams. They often supplement these with detailed solutions and marking schemes.

Student Forums and Social Media Groups

Online student communities, forums, and social media groups dedicated to GNDU students are valuable platforms where peers share sample papers, discuss strategies, and exchange insights.

Effective Strategies to Utilize GNDU Sample Papers

Simply practicing sample papers is not enough; students must adopt strategic approaches to maximize their benefits.

- Set a Realistic Exam Environment
 - Simulate exam conditions: Time yourself, avoid distractions, and adhere to the exam duration.
 - Use proper resources: Practice with the same type of paper (handwritten or digital) as the actual exam.
- Analyze Your Performance
 - Mark your answers and compare with model solutions or answer keys.
 - Identify mistakes and understand where you went wrong.
 - Track your progress over multiple practice sessions.
- Focus on Weak Areas
 - Review topics where you scored low.
 - Revisit the relevant chapters and seek additional resources if needed.
 - Practice more questions from those sections.
- Incorporate Past and Model Papers into Your Routine
 - Use sample papers as part of your regular revision cycle.
 - Gradually increase difficulty level by attempting previous years' question papers.
- Discuss and Clarify Doubts
 - Join study groups or seek guidance from teachers.

- Analyze solutions thoroughly to understand the methodology.

Benefits of Regular Practice with GNDU Sample Papers

Consistent practice with sample papers yields multiple advantages:

Improved Exam Readiness

Students become familiar with the question style, reducing surprise elements during the actual exam.

Enhanced Time Management Skills

Practicing under timed conditions helps students allocate appropriate time to each section or question.

Better Answer Presentation

Regular practice encourages clarity, conciseness, and proper structuring of answers, which can positively impact scores.

Reduced Exam Anxiety

Preparedness breeds confidence, reducing stress and anxiety associated with exams.

Identification of Knowledge Gaps

Sample papers highlight areas that need further revision, enabling targeted study.

Common Challenges and How to Overcome Them

While GNDU sample papers are invaluable, students often face certain challenges:

Limited Access to Quality Sample Papers

Solution: Rely on official sources and verified educational platforms. Avoid dubious websites that may provide outdated or incorrect papers.

Time Constraints During Practice

Solution: Start practicing early and gradually increase the difficulty level. Use timers to simulate real

exam conditions.

Over-Reliance on Sample Papers

Solution: Balance practice with comprehensive syllabus coverage. Use sample papers as a supplement, not a substitute, for thorough studying.

Difficulty in Understanding Solutions

Solution: Seek guidance from teachers, online tutorials, or peer groups. Focus on understanding the reasoning behind each answer.

Future Trends: Digital Resources and Sample Papers

The advent of digital learning has transformed how students access and utilize sample papers. Key trends include:

- Online repositories: Universities and educational platforms offering downloadable sample papers.
- Mobile apps: Dedicated apps providing access to sample papers, mock tests, and interactive quizzes.
- E-learning portals: Integrated platforms offering video explanations, solution walkthroughs, and practice tests.

Students should leverage these digital tools to enhance their preparation and stay updated with the latest exam patterns.

Conclusion

In conclusion, GNDU sample papers are indispensable resources for students aiming for academic excellence at Guru Nanak Dev University. They serve as practical tools for understanding the exam format, practicing time management, and assessing one's preparedness. By approaching sample papers strategically—setting a simulated exam environment, analyzing performance, and focusing on weak areas—students can significantly improve their chances of success. As the academic landscape evolves with digital innovations, staying proactive and utilizing these resources effectively will empower students to navigate their exams confidently and achieve their academic goals. Whether you are a first-time examinee or a seasoned student, integrating GNDU sample papers into your study routine can make a substantial difference in your performance and overall learning experience.

QuestionAnswer Where can I find the latest GNDU sample papers for practice? You can access the latest GNDU sample papers on the official Guru Nanak Dev University website under the 'Examinations' or 'Downloads' section. Are GNDU sample papers available for all courses and semesters? Yes, GNDU provides sample papers for most courses and semesters to help students prepare effectively for their exams. How can GNDU sample papers help in exam preparation? GNDU sample papers familiarize students with the exam pattern, question types, and marking scheme, aiding better preparation and time management. Are the GNDU sample papers updated annually? Yes, the university updates its sample papers regularly to reflect the latest syllabus and exam pattern changes. Can I download GNDU sample papers in PDF format? Yes, most GNDU sample papers are available for download in PDF format from the official university website. Do GNDU sample papers include previous years' question papers? Some sample papers may include previous years' questions; however, for comprehensive practice, students should also refer to actual past exam papers available online. Are there any online platforms offering GNDU sample papers? Yes, several educational websites and coaching platforms provide GNDU sample papers and practice tests for students. How can I use GNDU sample papers effectively for my exam revision? Use them to simulate exam conditions, practice time management, and identify weak areas to focus your revision accordingly. Is it advisable to rely solely on GNDU sample papers for exam preparation? While sample papers are helpful, it's important to study the entire syllabus, revise concepts, and practice previous years' question papers for comprehensive preparation. Where can I get additional guidance on solving GNDU sample papers? You can seek guidance from professors, join online study groups, or consult coaching centers that offer specialized assistance in solving sample papers.

Related keywords: GNDU previous year papers, GNDU model question papers, GNDU exam papers, GNDU sample question papers, GNDU degree papers, GNDU semester papers, GNDU PDF downloads, GNDU exam preparation, GNDU undergraduate papers, GNDU postgraduate papers

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