



R.D. ENGINEERING COLLEGE

Approved By AICTE New Delhi & Affiliated To Dr. APJ Abdul Kalam Technical University,
9KM MILE STONE ON NH-58 DELHI MEERUT ROAD DUHAI GHAZIBAD-201206 (U.p)

PHONE:0120-2679301,02,03,04 FAX:0120-2679300

Email:info@rdec.in

Website:www.rdec.in

Criteria-5

5.1.2

Life skill

(Name of Event)

Yoga session

YEAR:- 1ST YEAR

COURSE:-B.Tech

SESSION:-2019-2020

Director
R.D. Engineering College
Duhai, Ghaziabad





Yoga Skills

1 message

Mr. Manu Kothiyal <sendittomanu@gmail.com>

Monday, 17th June, 2019 at 1:55 pm

To: rupali1978@gmail.com

Dear Sir/Madam,

We hope this email finds you well. We are delighted by having the opportunity to invite you as a guest speaker in our college for Yoga Skill Seminar on 20th June, 2019. We will be honored with your presence and be able to share your experience and opinions.

We hope that we will benefit a lot from your presence.

Thank You

Regards,

Mr. Manu Kothiyal

Director
R. B. Engineering College
Duhok, Ghaziabad





Yoga Skills
1 message

Miss Rupali rupali22@gmail.com

Tuesday, 18th June, 2019 at 1:35 pm

To: <sendittomanu@gmail.com>

Dear Sir/Madam,

Thank you for inviting me as a guest speaker in the **Yoga Skills Seminar**. I am honored and thrilled to accept the opportunity to contribute to such a prestigious event. I have reviewed the details in the invitation and am delighted to confirm my attendance as a speaker.

Thank You

Regards,
Miss Rupali

Director
R.D. Engineering College
Duhai, Ghaziabad





R.D. ENGINEERING COLLEGE

Approved by AICTE New Delhi & Affiliated to Dr. APJ Abdul Kalam Technical University, Lucknow
9th KM Mile Stone on NH-58 Delhi Meerut Road Duhai Ghaziabad -201206 (U.P)

Phone: 0120-2679301, 02, 03, 04 Fax: 0120-2679300

Email: info@rdec.in

Website: www.rdec.in

NOTICE

All the students of B.Tech 1st Year are hereby informed that our college is organizing a yoga session at 11:00 am in college campus.

DATE:- 20, June, 2019

VENUE:- A, Block Seminar Hall

All B.Tech Students are required to attend the session regularly to maximize the benefits offered.

Your Faithfully,

Mr. Manu Kothiyal

(EVENT COORDINATOR)

CC;

For Kind Info. Chairman,

Director

Dean Academic

IQAC Cell

Hostel Warden

Students Notice Board

Hostel Notice Board

Director
R. D. Engineering College
Duhai, Ghaziabad





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YOGA SESSION

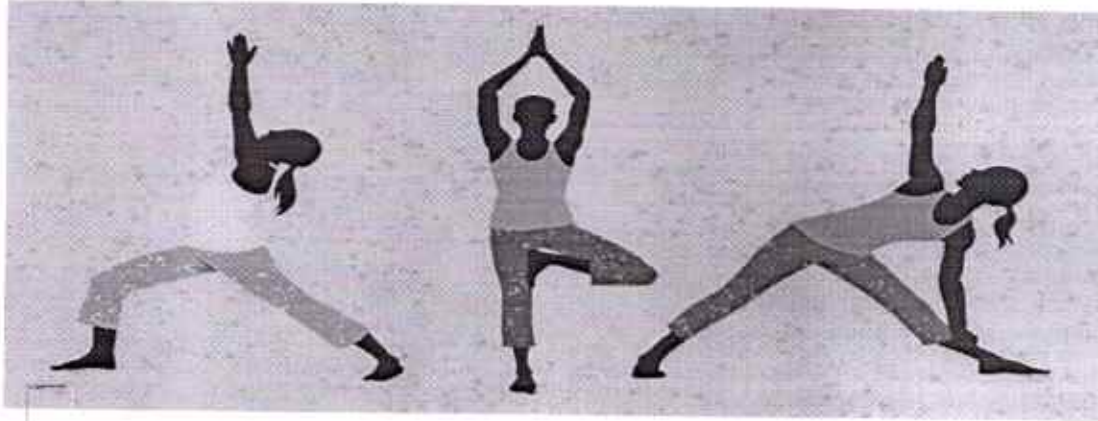
GUEST SPEAKER

Miss Rupali

VENUE :A Block 2nd Floor, Seminar Hall

DATE :20th June,2019

TIME :11.00 AM



“Yoga is a light, which once lit never dim.”

Event coordinator
Mr.Manu Kothiyal


Director
R. D. Engineering College
Duhai, Ghaziabad





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Phone: 0120-2679301,02,03,04 Fax: 0120-2679300

Email: info@rdec.in

Website: www.rdec.in

Guest Profile

Ms. Rupali is a dynamic profile having more than 10+

Years of experience in the field yoga session.

Her exposures & experience will be boom to the students.

She has created more than 5000+ students till now in india.

She is invited by top colleges and universities.

Director
R. D. Engineering College
Duhai, Ghaziabad



ATTENDANCE OF STUDENTS PARTICIPATED IN _____ ORGANISED BY
 R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: _____

S.NO	NAME OF STUDENT	BRANCH	YEAR	SIGNATURE
1	VM Shwami	Com.Sc & Engg.	1 st	Shwami
2	Andhya Rat	"	"	Andhya
3	Akanksha Tyagi	"	"	Akanksha
4	Abhishek Bhatti	"	"	Abhishek
5	Aditi Tyagi	"	"	Aditi
6	Akash Tyagi	"	"	Absent
7	Aditi Sethi	"	"	Aditi
8	Akanksha Tyagi	"	"	Akanksha
9	Akanksha Singh	"	"	Absent
10	Akash Tyagi	"	"	Akanksha
11	Akshita Tyagi	"	"	Akshita
12	Aman Singh	"	"	Aman
13	Akshit Tyagi	"	"	Akshit
14	Aman Sharma	"	"	Aman
15	Aman Singh	"	"	Aman
16	Anant Tyagi	"	"	Anant
17	Anant Bhatnagar	"	"	Absent
18	Ayush Tyagi	"	"	Ayush
19	Bobby Paul	"	"	Bobby
20	Deepak Jha	"	"	Deepak
21	Ankur	"	"	Ankur
22	Atul Tyagi	"	"	Atul
23	Ayush Tyagi	"	"	Ayush
24	Bobby Paul	"	"	Bobby
25	Deepak	"	"	Deepak
26	Deepak Kumar	"	"	Deepak
27	Govind	"	"	Govind
28	Harshit Tyagi	"	"	Harshit
29	Himanshu Jayant	"	"	Himanshu
30	VM. Akshita	"	"	Akshita
31	VM. Bharti	"	"	Bharti
32	VM. Divya	"	"	Divya
33	manish	"	"	manish
34	Nikhil Tyagi	"	"	Nikhil
35	Nikita Chaudhary	"	"	Nikita
36	Arnav Mittal	"	"	Absent
37	Piyush Tyagi	"	"	Piyush
38	Prachi Paul	"	"	Absent
39	Kreet Chaudhary	"	"	Kreet
40	Rahul Sam	"	"	Rahul
41	Ravi Verma	"	"	Absent
42	Rohit	"	"	Rohit
43	Sakib	"	"	Sakib
44	Sakshi	"	"	Absent
45	Satyam Tyagi	"	"	Satyam
46	Shantky Tyagi	"	"	Absent
47	Shayab	"	"	Shantky
48	Vadit Gang	"	"	Absent
49	Vikas	"	"	Vadit Gang
50	Danish	"	"	Vikas Danish



ATTENDANCE OF STUDENTS PARTICIPATED IN _____ ORGANISED BY
 R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: _____

S.NO	NAME OF STUDENT	BRANCH	YEAR	SIGNATURE
1	Abbas choudhary	Civil Engineering	1st	Abbas
2	Abhishek Yadav		1st	Abhishek
3	Ankit Tyagi		1st	Anshuman
4	Anshuman Singh		1st	Abhishek
5	Ashish Kumar		1st	Abhishek
6	himanshu singh		1st	himanshu
7	himanshu singh		1st	himanshu
8	Niraj Brautem		1st	himanshu
9	Niraj Tyagi		1st	Niraj
10	Ravi Ranjan Khosla		1st	Niraj
11	Ravikant Kumar	1st	Ravi	
12	Samshul	1st	Ravipal	
13	Sandeep Kumar	1st	Sandeep	
14	Sumit	1st	Sandeep	
15	Tushar Thakur	1st	Sumit	
16	Uman Ali Khan	1st	Tushar	
17	Vishal	1st	Uman	
18	Yogesh	1st	Vishal	
19	Shweta	1st	Yogesh	
20	A. Qees Parwez	1st	Shweta	
21	Juraid Ul Islam	1st	absent	
22	Kafal	1st	absent	
23	K.M. Kirti	1st	Kafal	
24	K.M. Sonam	1st	K.M. Kirti	
25	Manoj Kumar Mawry	1st	Manoj	
26	Pankaj Kumar Sharda	1st	Pankaj	
27	Payal	1st	Payal	
28	Ritik Chaudhary	Comsci & engi	1st	Absent
29	Shaista Shafi		1st	Absent
30	Sumit		1st	Shaista
31	Shwani		1st	Sumit
32	Aaditya Raj		1st	Shwani
33	Aakarsha Tyagi		1st	Aaditya
34	Aakash tyagi		1st	Absent
35	aditi Tyagi		1st	Absent
36	adib Setti		1st	Aditi
37	Akarsha Tyagi		1st	Absent
38	Ankur	1st	Akarsha	
39	Deepak	1st	Ankur	
40	Deepak Jha	1st	Absent	
41	Deepak Kumar	1st	Absent	
42	Grovind	1st	Deepak	
43	harshit tyagi	1st	harshit	
44	Jai Kishore	1st	Absent	
45	Km. Bhaski	1st	Bhaski	
46	Km. Diksha	1st	Diksha	
47	Km. Soniya	1st	Absent	
48	Km. Swati Parchal	1st	Swati	
49	Manish	1st	manish	
50	Manisha	1st	Absent	
			manisha	

(Handwritten Signature)

Director
 R.D. Engineering College
 Gaziabad



Feedback Form of yoga session

Branch Com. eng Semester 1st Date 18-12-2019

1) Name Aaditya Raj 2) Roll No. 22023100028

Please respond to the following statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5=Excellent 4=Very Good 3=Good 2=Average 1=Below Average

Question	Answer				
1.) Workshop/Seminar objectives were started clearly and meet.	⑤	4	3	2	1
2.) The Workshop/Seminar was well organized.	5	④	3	2	1
3.) The information and/or skill presented were relevant and useful.	⑤	4	3	2	1
4.) The workshop increased my knowledge and skill.	5	④	3	2	1
5.) The presenter(s) provided adequate time for question and answer them satisfactorily.	⑤	4	3	2	1
6.) Overall, I am satisfied with this workshop.	5	④	3	2	1

Director
E. D. Engineering College
Ghaziabad



Feedback Form of yoga session

Branch Com. Sci & Eng Semester 1st Date 12-Oct-2019
1) Name Manish 2) Roll No. 22023100029

Please respond to the following statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5=Excellent 4=Very Good 3=Good 2=Average 1=Below Average

Question	Answer				
1.) Workshop/Seminar objectives were started clearly and meet.	⑤	4	3	2	1
2.) The Workshop/Seminar was well organized.	5	④	3	2	1
3.) The information and/or skill presented were relevant and useful.	⑤	4	3	2	1
4.) The workshop increased my knowledge and skill.	5	④	3	2	1
5.) The presenter(s) provided adequate time for question and answer them satisfactorily.	⑤	4	3	2	1
6.) Overall, I am satisfied with this workshop.	5	④	3	2	1

Director
R. D. Engineering College
Duh. Ghaziabad



Feedback Form of yoga session

Branch C.S Semester 1st Date 12-Oct-2019

1) Name Abhishek Yadav 2) Roll No. 22023100027

Please respond to the following statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5=Excellent 4=Very Good 3=Good 2=Average 1=Below Average

Question	Answer				
1.) Workshop/Seminar objectives were started clearly and meet.	⑤	4	3	2	1
2.) The Workshop/Seminar was well organized.	5	④	3	2	1
3.) The information and/or skill presented were relevant and useful.	⑤	4	3	2	1
4.) The workshop increased my knowledge and skill.	5	④	3	2	1
5.) The presenter(s) provided adequate time for question and answer them satisfactorily.	⑤	4	3	2	1
6.) Overall, I am satisfied with this workshop.	5	④	3	2	1

Director
R. D. Engineering College
Dubai, Gh. 21



Department of applied science & humanities Session2019-20

Report of workshop conducted for B.Tech first year students

Topic:- Yoga Session

Speaker:- Miss Rupali

Date:- 20th June,2019

Time:- 11:00am

Venue:- A Block 2nd Floor Seminar Hall

This workshop is organized by department of Applied Sciences & Humanities to benefit health awareness, physically and mentally strength by the help of Yoga Session of B.Tech first year students. Approximately 120 students benefitted by the workshop.

OBJECTIVES:-

- Development of mental strength and ability.
- Health Awareness.

FUTURE OUTCOMES:-

- It helps an individual to fight with common life style diseases.
- It can be helpful in back pain, arthritis and other common problem.

HOD A S&H

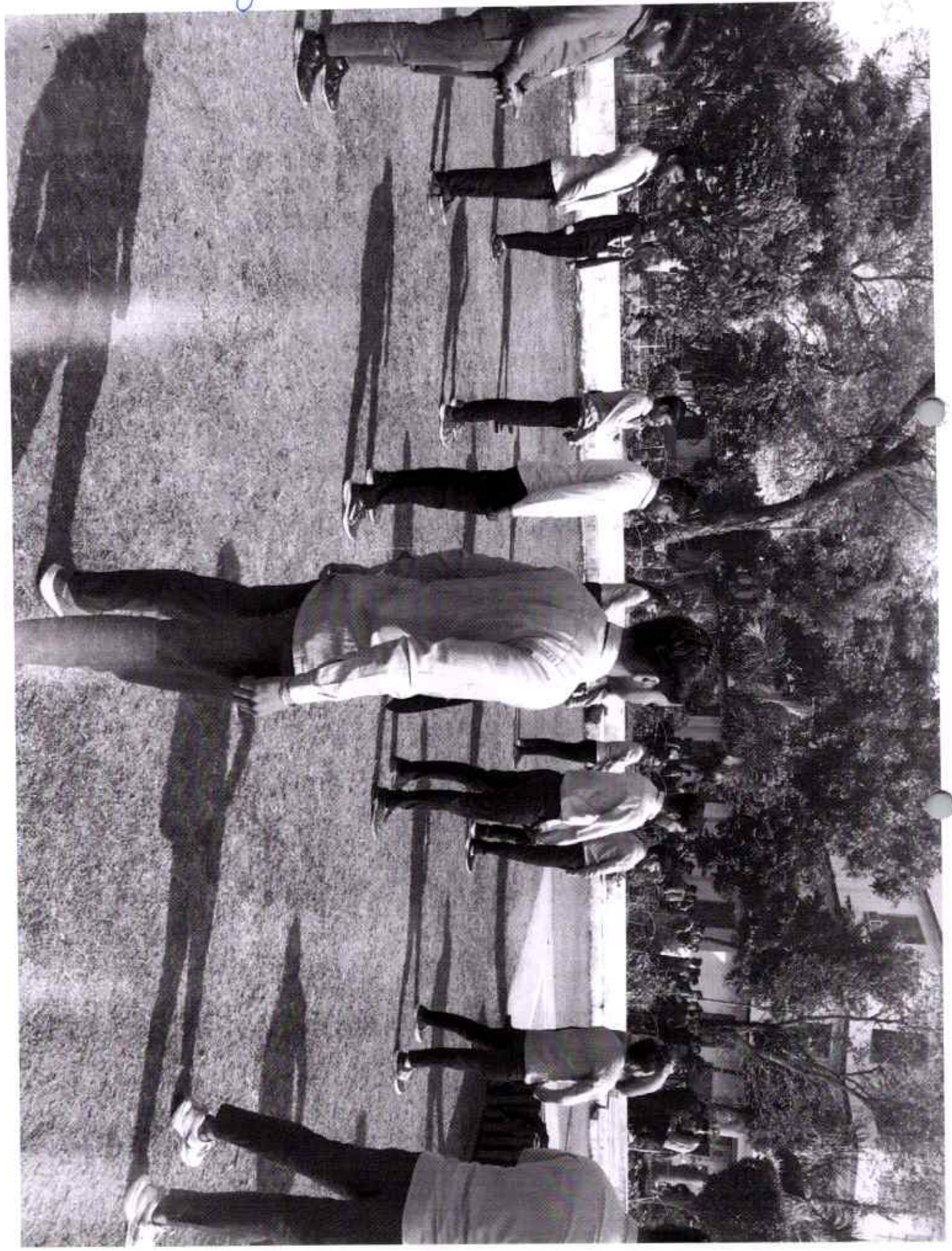
EVENT COORDINATOR

Director
K. D. Engineering College
15th Ghazipur



R.D. Engineering College
Duhai, Gh...

Director



RD ENGINEERING COLLEGE

NAAC CRITERIA - 5

(Capacity building and skills Initiatives)

Session- 2019-2020

Program

GUEST LECTURE(ONLINE MODE)

Topics

STRESS MANAGEMENT

Date

23/05/2020


Director
R.D. Engineering College
Duhai, Ghazipur



16/05/2020, 3:00 PM

Fwd: Invitation to deliver a Guest Lecture on "Stress Management" – hod_ec@rdec.in- Gmail

 Gmail

 In: sent

Compose

Inbox: 12

Starred

Snoozed

Sent

Drafts: 2

More

Fwd: Invitation to deliver a Guest Lecture on "Stress Management"



hod ec hod_ec@rdec.in
to gauravchoudhary245@gmail.com

3:00 PM

Dear,

Dr. Gaurav Choudhary

We cordially invite you to deliver a Guest Lecture at our institution on the topic of "Stress Management". Your expertise in the field of stress management is valuable to our students and faculty members.

The lecture is scheduled for 23/05/2020, at our ECE Department. It will be a Two & half an hour session.

We greatly appreciate your consideration of this invitation and look forward to your response.

Best regards,

Vishal Upmanu
HOD (ECE)
R. D. Engineering College,
Duhai, Ghaziabad (UP)

Reply

Forward


Director
R.D. Engineering College
Duhai, Ghaziabad





Compose

Inbox 150

Starred

Snoozed

Sent

Draft 15

More

Acceptance of the invitation Inbox



Gaurav C <gauravchoudhary245@gmail.com>
to hod_ec@rdec.in

11:21 AM

Hi, Sir Thanks for inviting me in your guest lecture .I'll join on time.

Reply

Forward

Labels

Director
R.D. Engineering College
Duhai, Ghaziabad





R. D. Engineering College, Ghaziabad College Code-231

Approved by AICTE & Affiliated to Dr.APJ Abdul Kalam Technical University, Lucknow

Date: May 20, 2020

Notice

This is hereby informed to all the students of B. Tech ECE that a one day student Guest Lecture (Online Mode) on the topic “**Stress Management**” will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on **23/05/2020 at 10:30 am - 1:00 pm in Online Mode.**

Faculty coordinator for above program is Mr. Prabhash Singh. Contact him for any further queries or difficulties.

Dr. Vishal Upmanu
(Head, ECE)



CC:

1. Director
2. Registrar
3. Dean Academics
4. Coordinator IQAC
5. Departmental Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

RESOURCE PERSON PROFILE



Mr. Gaurav Choudhary is working as a **Deputy manager - Product marketing & Sales at MRF** has got versatile experience in the tyre industry. 13 years of experience in sales & Product marketing. Sales vertical (2011-2019)- Channel sales, Dealer development, Fleet management and handling the turnover of worth 240 cr. annually, worked in leadership roles in multiple regions across India. Marketing vertical- In the year 2019 elevated as a Deputy Manager product marketing. looks after the pan India market. responsible for multiple tasks continuous evaluation of existing products performance, new product development & launch, imparting knowledge and training to sales force, Building a product story and relevant content for sales team, product pricing & profitability, product availability based on evolving market conditions.

Education

- M.B.A (Marketing) Kamrah Institute of Information & Technology(KIIT)

EXPERIENCE

- Area sales manager at MRF (June 2011- August 2019)


Director
R.D. Engineering College
Duhai, Ghaziabad





DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi
9th Km. Stone on NH-58 Delhi Meerut Road, Duhai, Ghaziabad-201206 U.P., Contact: 0120-2679301/02/03/04,
Fax: 01202679300, E-mail: Info@rdec.in



GUEST LECTURE ON STRESS MANAGEMENT



Date: 23/05/2020

Venue: Online Mode

Timing: 10:30am to 1:00pm

Speaker: Mr.Gaurav Choudhary

Organised by Department of Electronics Communication & Engineering

R.D Engineering College, Ghaziabad U.P.

Faculty Coordinator: Mr.Prabhash Singh



Department Of Electronics & Communication Engineering

Session 2019-20

Report of Seminar Conducted For B. Tech Student

Topic: - "Stress Management"

Speaker: Mr.Gaurav Chaudhary

Date: - 23/05/2020

Time: - 10:30 AM- 1:00 PM

Venue at: Online Mode

This program is organized by Department of ECE to benefit and enhance the skill of B. Tech 2nd Year and 3rd Year students. Approximately 100 students have benefits by this program..

A Guest Lecture on "Stress Management" was conducted by R.D. Engineering College on 23 May, 2020. Physical comforts are increasing day by day but at the cost of increase in mental stress. Students spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. They may have headaches, they are tired, and they are so exhausted that they just want to crawl into bed and sleep. Yoga not only releases mental stress, but it also give strength to the body and mind. Relaxation & meditation brings sound sleep and calmness to the mind. Around these thoughts, the two hour session began with light exercise and some music for the participants. It helped the students relax and concentrate which was the mantra for the day "Relaxing helps reduce stress".

Following are the tips given by Mr.Gaurav Chaudhary on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

- Structure each day to include a minimum of 20 minutes of aerobic exercise.
- Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.
- Get at least 7 hours of sleep.
- Spend time each day with at least one relaxation technique – imagery, daydreaming, prayer, yoga or meditation.

All of the above tips given in the session seemed very useful and efficient to reduce the stress. The participants of the Guest Lecture had a wonderful experience during various practice and exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved. The session gave the students and the faculty members an opportunity to learn how to manage stress in their daily lives.

HOD (B.TECH, ECE)

(SIGNATURE)

EVENT COORDINATOR

(SIGNATURE)

R.D. Engineering College
Director
Duhai, Gh.

**ATTENDANCE OF ECE STUDENTS PARTICIPATED IN GUEST LECTURE
ON STRESS MANAGEMENT ORGANISED BY R.D.ENGINEERING
COLLEGE UNDER THE AEGIS OF IQAC DATED:23/05/2020**

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	18231310071	Prachi Sonar	2nd year	ECE	P
2	1823131001	Ankush	2nd year	ECE	P
3	1823131002	Akash	2nd year	ECE	P
4	1823131003	Ankush Kumar	2nd year	ECE	P
5	1823131004	Abhinav	2nd year	ECE	P
6	1823131005	Sharma Abhishek	2nd year	ECE	P
7	1823131006	Abraar Ali	2nd year	ECE	P
8	1823131007	Ajit Kumar	2nd year	ECE	A
9	1823131009	Akash Kumar	2nd year	ECE	P
10	1823131010	Abhil Sharma	2nd year	ECE	P
11	1823131011	Anam Mittal	2nd year	ECE	P
12	1823131012	Arijit Sharma	2nd year	ECE	P
13	1823131013	Arijit Ghosh	2nd year	ECE	P
14	1823131014	Anil	2nd year	ECE	P
15	1823131015	Ankit Kumar	2nd year	ECE	P
16	1823131016	Ankit Kumar	2nd year	ECE	A
17	1823131017	Ankit Singh	2nd year	ECE	P
18	1823131018	Anshul Choudhary	2nd year	ECE	P
19	1823131022	Ayaz Iqbal	2nd year	ECE	P
20	1823131023	Azmi	2nd year	ECE	P
21	1823131024	Chiranjeev	2nd year	ECE	P
22	1823131025	Bhavi	2nd year	ECE	P
23	1823131026	Garima Gupta	2nd year	ECE	P
24	1823131027	Gaurav Singh	2nd year	ECE	P
25	1823131029	Gourav Singh	2nd year	ECE	A
26	1823131030	Himanshi Verwal	2nd year	ECE	P
27	1823131031	Himanshi	2nd year	ECE	P
28	1823131033	Himanshi Pradey	2nd year	ECE	P
29	1823131034	Ishika	2nd year	ECE	P
30	1823131035	Kapali Jindal	2nd year	ECE	P
31	1823131036	Kaushik	2nd year	ECE	A
32	1823131038	Krushika Yadav	2nd year	ECE	P
33	1823131039	Akash Sharma	2nd year	ECE	P
34	1823131040	Anshika	2nd year	ECE	P
35	1823131041	Meemsha Sharma	2nd year	ECE	P
36	1823131042				A

Director
R.D. Engineering College
Ghaziabad

R.D. Engineering College
Ghaziabad
Head
Dr. Anshu Chandra

37	1823131044	Kritika Kumari	2nd year	ECE	P
38	1823131047	Lavi Sanu	2nd year	ECE	P
39	1823131049	Mamasaarya	2nd year	ECE	P
40	1823131050	Miyank Tyagi	2nd year	ECE	A
41	1823131051	Milan Singh	2nd year	ECE	P
42	1823131052	Monty Kumar	2nd year	ECE	P
43	1823131053	Nikhil	2nd year	ECE	P
44	1823131054	Niraj Kumar Singh	2nd year	ECE	P
45	1823131055	Pankaj Pratap	2nd year	ECE	P
46	1823131056	Prayash Mittal	2nd year	ECE	P
47	1823131057	Prerna	2nd year	ECE	A
48	1823131059	Prerna	2nd year	ECE	P
49	1823131060	Prachi Tyagi	2nd year	ECE	P
50	1823131061	Prashant Kataria	2nd year	ECE	P
51	1823131062	Prema Gadhvi	2nd year	ECE	P
52	1823131063	Priya	2nd year	ECE	P
53	1823131064	Punit Gadi	2nd year	ECE	P
54	1823131065	Rahul	2nd year	ECE	P
55	1823131068	Reema Kumari	2nd year	ECE	A
56	1823131069	Rishabh Srivastava	2nd year	ECE	P
57	1823131070	Ritika Srivastava	2nd year	ECE	P
58	1823131071	Rohan Raj	2nd year	ECE	P
59	1823131072	Rupak Gupta	2nd year	ECE	P
60	1823131073	Saksham Gupta	2nd year	ECE	P
61	1823131074	Sakshi Vyas	2nd year	ECE	P
62	1823131075	Shafiq	2nd year	ECE	A
63	1823131076	Shivani Banshik	2nd year	ECE	P
64	1823131077	Sourav Rana	2nd year	ECE	P
65	1823131078	Shruti Maheshwari	2nd year	ECE	P
66	1823131080	Soni Jagriti Rajput	2nd year	ECE	P
67	1823131081	Soni Nishad	2nd year	ECE	P
68	1823131082	Surbhi	2nd year	ECE	P
69	1823131085	Tarun	2nd year	ECE	P
70	1823131086	Tanish Gupta	2nd year	ECE	P
71	1823131087	Tarun Raj	2nd year	ECE	P
72	1823131088	Vanshi Raghav	2nd year	ECE	A
73	1823131090	Vipul	2nd year	ECE	P
74	1823131092	Vishal Singh	2nd year	ECE	P
75	1823131093	Vivek Kumar	2nd year	ECE	P
76	1823131094	Yash Kashyap	2nd year	ECE	P
77	18231310923	Manushi Sharma	2nd year	ECE	P
78	1902310519001	Abhishek	2nd year	ECE	P

Director
R.D. Engineering College
Duhar Ghaziabad



79	1902310319002	Ankita Chaudhary	2nd year	ECE	P
80	1902310319003	Apoorva Kumar	2nd year	ECE	A
81	1902310319004	Kanika Kadyan	2nd year	ECE	P
82	1902310319005	Rishika	2nd year	ECE	P
83	1902310319008	Sahiba Khatun	2nd year	ECE	P
84	1902310319011	Shreya	2nd year	ECE	P
85	1902310319012	Vanshi	2nd year	ECE	P
86	1723131001	Anshika Choudhary	3rd year	ECE	P
87	1723131002	Abhinav Choudhary	3rd year	ECE	P
88	1723131003	Abhishek Bha	3rd year	ECE	P
89	1723131004	Anirudh Srivastava	3rd year	ECE	P
90	1723131005	Arun Kumar	3rd year	ECE	P
91	1723131006	Asmita Kumar Jha	3rd year	ECE	A
92	1723131007	Himanshi Choudhary	3rd year	ECE	P
93	1723131009	Aditi	3rd year	ECE	P
94	1723131010	Aishwari Sharma	3rd year	ECE	P
95	1723131011	Ayushi	3rd year	ECE	P
96	1723131012	Ishika Bhat	3rd year	ECE	P
97	1723131013	Ishika	3rd year	ECE	P
98	1723131014	Manish K. H. Jha	3rd year	ECE	P
99	1723131015	Mehul	3rd year	ECE	P
100	1723131016	Muzamil	3rd year	ECE	P
101	1723131017	Prachi Khatun	3rd year	ECE	P
102	1723131018	Pooja Agrawal	3rd year	ECE	A
103	1723131020	Ram Jha	3rd year	ECE	P
104	1723131021	Rhythm Patil	3rd year	ECE	P
105	1723131022	Rishi Khatun	3rd year	ECE	P
106	1723131023	Rishi Sachdev	3rd year	ECE	P
107	1723131024	Sagar Choudhary	3rd year	ECE	P
108	1723131026	Shreya Kumar	3rd year	ECE	P
109	1723131027	Savitri	3rd year	ECE	P
110	1723131030	Talib	3rd year	ECE	P
111	1723131031	Vishal	3rd year	ECE	P
112	1723131032	Vivek Singh	3rd year	ECE	A
113	1823131901	Dhruvachand Kumar	3rd year	ECE	P
114	17231310026	Aarav Kumar	3rd year	ECE	P
115	17231310082	Riya Agrawal	3rd year	ECE	P
116	17231310094	Shagun Choudhary	3rd year	ECE	P
117	1623131001	Amit Kumar	3rd year	ECE	P
118	1623131002	Ayush Kumar	3rd year	ECE	P
119	1623131003	Ashish Sharma	3rd year	ECE	P
120	1623131004	Yash Bhat	3rd year	ECE	A

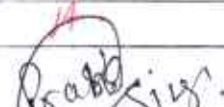
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121	162311005	Ashish	40 year	FCE	P
122	162311006	Yashraj	40 year	FCE	P
123	162311007	Devanshi Singh	40 year	FCE	P
124	162311008	Devanshi Singh	40 year	FCE	A
125	162311009	Hansa Verma	40 year	FCE	P
126	162311010	Kaif Usafi	40 year	FCE	P
127	162311011	Greeni Kaur	40 year	FCE	P
128	162311012	Munika Jha	40 year	FCE	P
129	162311014	Kuldeep Singh	40 year	FCE	P
130	162311016	Mhoni	40 year	FCE	P
131	162311017	Mohini Kaur	40 year	FCE	P
132	162311018	Nisha	40 year	FCE	P
133	162311020	Pooja	40 year	FCE	A
134	162311021	Prakruti Sharma	40 year	FCE	P
135	162311022	Prachi Kumar	40 year	FCE	P
136	162311023	Rachita Kaur	40 year	FCE	P
137	162311024	Rishav Goyal	40 year	FCE	P
138	162311027	Rohini Yadav	40 year	FCE	P
139	162311028	Sameer Kumar	40 year	FCE	P
140	162311029	Sandeep K. Shah	40 year	FCE	A
141	162311030	Sanjay Kishore	40 year	FCE	P
142	162311031	Sakshi	40 year	FCE	P
143	162311032	Shivani Sharma	40 year	FCE	P
144	162311033	Shivani Sharma	40 year	FCE	P
145	162311034	Shikhar Sharma	40 year	FCE	P
146	162311035	Shubham Tyagi	40 year	FCE	P
147	162311036	Ujjwal Singh	40 year	FCE	A


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 Dr. Vishal K. Manu
 Ghaziabad


 Mr. Kabhash Singh
 Program Coordinator


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S.No.	Student Name	Roll No.	Branch and Year	1. Webinar objectives were stated clearly and meet.	2. Webinar objectives were stated clearly and meet.	3. The information and/or skill presented were relevant and useful.	4. The webinar increased my knowledge and skills.	5. The presenter(s) provided adequate time for question and answer them	6. Overall, I am satisfied with this webinar.
1	Prachi Tomar	1823110071	4th year	4	5	3	5	4	4
2	Aakansha	1823131001	4th year	3	3	3	4	4	4
3	Akashu	1823131002	4th year	3	3	3	4	4	5
4	Akhil Kumar	1823131003	4th year	5	4	4	3	4	4
5	Abhishek	1823131004	4th year	4	3	5	4	5	3
6	Sharna Abhishek	1823131005	4th year	3	5	3	4	4	3
7	Abrar Ali	1823131006	4th year	5	4	4	5	3	4
8	Akash Kumar	1823131009	4th year	5	3	4	4	5	3
9	Aksh Sharma	1823131010	4th year	4	3	4	5	5	4
10	Anam Mittal	1823131011	4th year	3	5	3	5	4	4
11	Anjali Sharma	1823131012	4th year	4	5	3	5	4	4
12	Anjali Goel	1823131013	4th year	5	5	3	5	4	4
13	Ankit	1823131014	4th year	4	4	3	5	4	5
14	Ankit Kumar	1823131015	4th year	4	3	5	4	5	3
15	Anshu Sami	1823131017	4th year	5	4	4	5	3	4
16	Anehat Choudhary	1823131018	4th year	4	3	5	4	4	3
17	Ayaz Iqbal	1823131022	4th year	3	4	4	5	5	4
18	Azim	1823131023	4th year	5	3	4	4	5	3
19	Chiranjeev	1823131024	4th year	4	3	4	5	5	4
20	Ekan	1823131025	4th year	4	5	3	5	4	4
21	Ganana Gupta	1823131026	4th year	4	4	3	5	4	5
22	Gaurav Tyagi	1823131027	4th year	3	3	3	4	5	5
23	Harvansh Agrewal	1823131030	4th year	4	3	5	4	5	3
24	Himanshu	1823131031	4th year	3	5	3	4	4	3
25	Himanshu Pandey	1823131033	4th year	4	3	5	4	4	4
26	Jain	1823131034	4th year	3	4	4	5	5	4
27	Kulpaana Prava	1823131035	4th year	5	3	4	5	4	3
28	Kishorbooj Yadav	1823131038	4th year	5	5	3	5	4	4
29	Akash Sharma	1823131039	4th year	4	4	3	4	4	5
30	Anjali Raj	1823131040	4th year	3	3	3	4	5	5
31	Meevanshi Sharma	1823131041	4th year	4	3	5	4	5	3
32	Kritika Kumari	1823131044	4th year	5	4	4	5	3	4
33	Lavi Sami	1823131047	4th year	4	3	5	4	4	3
34	Manasi Arya	1823131049	4th year	3	4	3	5	5	4
35	Mihir Singh	1823131051	4th year	4	4	3	4	4	5
36	Moory Kumar	1823131052	4th year	3	3	3	4	5	5
37	Nakul	1823131053	4th year	5	4	4	3	4	4
38	Nora Kumar Singh	1823131054	4th year	4	3	5	4	5	3

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39	Pankaj Pratap	1823131055	4th year	3	5	4	3	4	4	4	4	4	4	4	4	4
40	Piyush Mittal	1823131056	4th year	5	4	4	4	5	5	3	3	3	4	4	4	4
41	Neelja	1823131059	4th year	4	3	3	4	5	5	5	4	4	4	4	4	4
42	Prachi Tyagi	1823131060	4th year	3	5	3	3	5	5	5	4	4	4	4	4	4
43	Prashant Kasana	1823131061	4th year	4	5	5	3	5	5	4	4	4	4	4	4	4
44	Prerit Gandhi	1823131062	4th year	5	5	5	3	5	5	4	4	4	4	4	4	4
45	Pritya	1823131063	4th year	4	4	4	3	3	3	4	4	4	4	4	4	4
46	Pratik Goel	1823131064	4th year	3	3	3	3	3	3	4	4	4	4	4	4	4
47	Rahul	1823131065	4th year	3	5	5	3	3	3	4	4	4	4	4	4	4
48	Rishabh Srivastava	1823131069	4th year	4	3	3	4	5	5	4	4	4	4	4	4	4
49	Ritika Sharma	1823131070	4th year	3	4	4	4	4	4	5	5	5	5	5	5	5
50	Rohit Raj	1823131071	4th year	5	3	3	4	4	4	5	5	5	5	5	5	5
51	Kopel Gupta	1823131072	4th year	4	5	5	4	4	4	5	5	5	5	5	5	5
52	Saksham Gupta	1823131073	4th year	4	5	5	3	3	3	4	4	4	4	4	4	4
53	Sakshi Vats	1823131074	4th year	5	5	5	3	3	3	4	4	4	4	4	4	4
54	Shivani Kaurishik	1823131076	4th year	5	4	4	4	4	4	5	5	5	5	5	5	5
55	Shivani Rani	1823131077	4th year	4	3	3	5	5	5	4	4	4	4	4	4	4
56	Shivni Maheshwari	1823131078	4th year	3	5	5	4	4	4	5	5	5	5	5	5	5
57	Soni Laxmi Rajput	1823131080	4th year	5	3	3	5	5	5	4	4	4	4	4	4	4
58	Soni Nehal	1823131081	4th year	4	4	4	4	4	4	5	5	5	5	5	5	5
59	Sudesh	1823131082	4th year	3	3	3	4	4	4	5	5	5	5	5	5	5
60	Tarun	1823131085	4th year	4	4	4	3	3	3	4	4	4	4	4	4	4
61	Tansif Raja	1823131086	4th year	4	5	5	5	5	5	4	4	4	4	4	4	4
62	Tushar Tyagi	1823131087	4th year	5	3	3	3	3	3	4	4	4	4	4	4	4
63	Vign	1823131090	4th year	3	5	5	4	4	4	5	5	5	5	5	5	5
64	Vishal Sami	1823131092	4th year	5	4	4	4	4	4	3	3	3	3	3	3	3
65	Vivek Kumar	1823131093	3rd year	4	3	3	5	5	5	4	4	4	4	4	4	4
66	Vish Kashyap	1823131094	3rd year	3	5	5	3	3	3	4	4	4	4	4	4	4
67	Munish Sharma	1823140023	3rd year	3	4	4	4	4	4	5	5	5	5	5	5	5
68	Abhinav Kumar	1902310319001	3rd year	4	3	3	5	5	5	4	4	4	4	4	4	4
69	Ankita Gnanam	1902310319002	3rd year	5	3	3	3	3	3	4	4	4	4	4	4	4
70	Kunal Karkhan	1902310319004	3rd year	5	5	5	3	3	3	4	4	4	4	4	4	4
71	Keshav	1902310319005	3rd year	4	4	4	3	3	3	4	4	4	4	4	4	4
72	Salim Khan	1902310319008	3rd year	3	3	3	3	3	3	4	4	4	4	4	4	4
73	Sheetal	1902310319011	3rd year	5	4	4	4	4	4	3	3	3	3	3	3	3
74	Vinay	1902310319012	3rd year	4	3	3	5	5	5	4	4	4	4	4	4	4
75	Aashish Chaudhary	1723131001	3rd year	3	5	5	3	3	3	4	4	4	4	4	4	4
76	Abhijeet Chaudhary	1723131002	3rd year	4	4	4	4	4	4	5	5	5	5	5	5	5
77	Abhinav Jha	1723131003	3rd year	4	3	3	5	5	5	4	4	4	4	4	4	4
78	Anuradh Shrivastav	1723131004	3rd year	5	3	3	4	4	4	5	5	5	5	5	5	5
79	Ayush Kumar	1723131005	3rd year	4	3	3	3	3	3	4	4	4	4	4	4	4
80	Himanshu Chaudhary	1723131007	3rd year	4	5	5	3	3	3	4	4	4	4	4	4	4
81	Angsh	1723131009	3rd year	5	5	5	3	3	3	4	4	4	4	4	4	4
82	Ayush Sharma	1723131010	3rd year	4	4	4	3	3	3	5	5	5	5	5	5	5

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83	Jyoti	1723131011	3rd year	5	3	3	3	4	4	5	5	5	5
84	Jyoti Rani	1723131012	3rd year	5	5	4	4	4	5	4	4	4	4
85	Terna	1723131013	3rd year	4	4	3	3	4	4	5	5	3	3
86	Manish KJ Haldemra	1723131014	3rd year	3	5	5	5	4	4	4	4	3	3
87	Meenal	1723131015	3rd year	5	5	4	4	5	5	3	3	4	4
88	Muzamil	1723131016	3rd year	4	4	3	3	5	4	4	4	3	3
89	Prashant Kumar	1723131017	3rd year	3	3	4	4	5	5	5	5	4	4
90	Ram Ji Ram	1723131020	3rd year	3	5	5	5	5	5	4	4	4	4
91	Rhythm Pawar	1723131021	3rd year	4	4	5	5	3	3	4	4	4	4
92	Ruchal Bule	1723131022	3rd year	5	5	5	5	5	5	4	4	4	4
93	Rink Swachh	1723131023	3rd year	4	4	4	4	5	5	4	4	5	5
94	Sagar Chaudhary	1723131024	3rd year	3	3	3	3	4	4	5	5	5	5
95	Shakshi Tomar	1723131026	3rd year	5	4	4	4	3	3	4	4	4	4
96	Savani Guri	1723131027	3rd year	4	4	3	3	5	4	5	5	3	3
97	Talib	1723131030	3rd year	3	3	5	5	4	4	4	4	3	3
98	Vishal	1723131031	3rd year	5	5	4	4	5	5	3	3	4	4
99	Dharamendra Kumar	1823131901	3rd year	3	3	4	4	5	5	5	5	4	4
100	Ashwani Tyagi	17231310026	3rd year	4	4	3	3	4	4	5	5	4	4
101	Ravi Aggarwal	17231310082	3rd year	3	3	5	5	3	3	4	4	4	4
102	Shajin Chaudhary	17231310094	3rd year	4	4	5	5	5	5	4	4	4	4
103	Amr Kumar	1623131001	3rd year	5	5	3	3	5	5	4	4	4	4
104	Anand Kumar	1623131002	3rd year	4	4	4	4	5	4	4	4	5	5
105	Ansh Sharma	1623131003	3rd year	3	3	3	3	3	3	5	5	3	3
106	Ashtul	1623131005	3rd year	4	4	3	3	4	4	5	5	3	3
107	Chanchal	1623131006	3rd year	3	3	5	5	4	4	4	4	3	3
108	Deepanshu Tyagi	1623131007	3rd year	5	5	4	4	5	5	3	3	4	4
109	Harek Verma	1623131009	3rd year	3	3	4	4	5	5	5	5	4	4
110	Kajal Tyagi	1623131010	3rd year	5	5	3	3	4	4	5	5	3	3
111	Geeta Rani	1623131011	3rd year	4	4	5	5	4	4	5	5	4	4
112	Mamta Jha	1623131012	3rd year	4	4	4	4	5	4	4	4	5	5
113	Kuldeep Garg	1623131014	3rd year	3	3	3	3	4	4	5	5	4	4
114	Manasi	1623131016	3rd year	4	4	5	5	5	4	4	4	4	4
115	Mohin Khan	1623131017	3rd year	5	5	5	5	5	4	4	4	4	4
116	Nitin	1623131018	3rd year	4	4	4	4	3	3	4	4	5	5
117	Pradyumn Kataria	1623131021	2nd year	5	5	4	4	4	3	4	4	4	4
118	Prashant Kumar	1623131022	2nd year	5	5	4	4	5	5	3	3	4	4
119	Rachit Kumar	1623131023	2nd year	3	3	4	4	5	5	5	5	4	4
120	Rajdeep Goswal	1623131024	2nd year	5	5	3	3	4	4	5	5	3	3
121	Rudran Yadav	1623131027	2nd year	4	4	5	5	5	4	4	4	4	4
122	Sameer Kumar	1623131028	2nd year	4	4	4	4	3	3	4	4	5	5
123	Sangar Kashyap	1623131030	2nd year	3	3	3	3	3	3	5	5	5	5
124	Sakshi	1623131031	2nd year	4	4	5	5	5	4	4	4	4	4
125	Silvami Kumar	1623131032	2nd year	5	5	5	5	5	4	4	4	4	4
126	Shivani Sharma	1623131033	2nd year	3	3	3	3	3	3	5	5	5	5
127	Shobham Sharma	1623131034	2nd year	4	4	5	5	5	4	4	4	4	4
128	Shubham Tyagi	1623131035	2nd year	5	5	5	5	3	3	4	4	4	4

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Feedback form

Guest Lecture on Stress Management_ECE_23/05/2020

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

1. Email *

2. Student Name

3. Roll No.

4. Branch and Year

5.

1. Webinar objectives were stated clearly and meet.

Mark only one oval.

5

4

3

2

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6. 2. Webinar objectives were stated clearly and meet.

Mark only one oval.

5

4

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1

7.

3. The information and/or skill presented were relevant and useful.

Mark only one oval.

5

4

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8.

4. The webinar increased my knowledge and skills.

Mark only one oval.

5

4

3

2

1


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9.

5. The presenter(s) provided adequate time for question and answer them satisfactorily.

Mark only one oval.

 5 4 3 2 1

10.

6. Overall, I am satisfied with this webinar.

Mark only one oval.

 5 4 3 2 1

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CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS PRESENTED TO

Mr. Gourav Chaudhary

FOR SHARING HIS/HER VALUABLE KNOWLEDGE AS A GUEST SPEAKER ON

Stress Management

AT 23/05/2020

DIRECTOR

Director
R.D. Engineering College
Duhai, Ghaziabad

HEAD OF DEPARTMENT





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of 10th Street, 5th Mile, 560075, Bangalore. Phone: 080-26740000. Fax: 080-26740001. Email: info@rdengg.ac.in



GUEST LECTURE ON STRESS MANAGEMENT

Date: 23/05/2020
Venue: Online Mode
Timing: 10:30am to 1:00pm
Speaker: Mr. Gaurav Choudhary



Organised by Department of Electronics, Communication & Fabrication
R.D. Engineering College, Chazhichad P.
Faculty Coordinator: Mr. Poojashree Singh


Director
R.D. Engineering College
Duhai, Ghazipur

RD ENGINEERING COLLEGE

Session- 2019-2020

Program

LIFE SKILL

Topics

YOGA SESSION

Date

20/06/2020




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R.D. Engineering College
Duhai, Ghazipur.

mail.google.com/mail/u/0/#inbox/KtbxLxgRrmtTsFPNcHfDQqVMQwmXKzpqTL

RD_ERP Student Databank (NSE - National Sto... Rediffmail Business News Tod... Kotak Neo

Gmail Search in mail



Invitation on Yoga Session External Inbox X

Dr. Gaurav Bansal <hdmba@rdcc.in> to vivek.bhardwaj221@gmail.com

Dear Mr. Vivek Bhardwaj,

We cordially invite you to conduct a Session on "YOGA" at our Institution. Your expertise in the field of Yoga is valuable to our students and faculty members. The Session is scheduled on 20-06-2020 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience. We greatly appreciate your consideration of this invitation and look forward to your positive response.

Best regards,

Dr. Gaurav Bansal
Head & Professor
MBA Department
R.D.Engineering College, Duhai, Ghaziabad(U.P.)




Director
R.D. Engineering College
Duhai, Ghaziabad

mail.google.com/mail/u/0/#inbox/QgrCH5HpCNclbVkgvKmCzpkLXGKMVL

RD_ERP Student Databank (NSE - National Sto... Rediffmail Business News Tod... Kotak Neo

Gmail Search in mail



VIVEK BHARDWAJ

to me

Dear Sir,

I accept the invitation. I wanted to express my heartfelt gratitude for the gracious invitation to deliver a session at R D Engineering College. It's an honor to be considered, and I'm excited abt prospect of sharing insights with your students.

Regards,

Vivek Bhardwaj

Thank you for your support.

Thanks for your response.

Our pleasure!

Reply

Forward



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Activate Windows Go to Settings to activate





AICTE ID: 1-3548321

COLLEGE CODE:231

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Approved by AICTE New Delhi & Affiliated to Dr.APJ Abdul Kalam Technological University,
Lucknow

Under the aegis of IQAC

Ref.....

Date-18/06/2020

Notice

This is hereby informed to all the students of MBA that a one day student session on **YOGA** will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on **20/06/2020** at **10:00 am** in **A block seminar hall.**

Faculty coordinator for above program is Mr. Pawan Yadav. Contact him for any further queries or difficulties.

Prof. SANJAY HALIWAL
(Head & Professor, ME Dept.)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

VIVEK BHARDWAJ

10/155 Geeta Colony Delhi-110031, India
Ph: 09650933755, 01122509898

OBJECTIVES

1. To serve the people through knowledge and practice of yoga, that I acquired in reputed institutes through my sincere efforts.
2. To disseminate yoga in its real form.

ACADEMICS

B.Sc. (Zoology Hones)

PROFESSIONAL QUALIFICATIONS

1. *Diploma in pharmacy(two years)*
PUSA Polytechnic
2. *Two years diploma in yoga (DYT)*
Morarji Desai National Institute of Yoga.
(Ministry of health, Govt. of India)
3. *Bachelor of physical education (B.P.Ed)*
Jivaji university

PROFESSIONAL EXPERIENCE

1. *Yoga instructor and health consultant in Anandateet Yog Sadhna Kendra, Gandhi Nagar.*
2. *Writing a book on Yogasanas.*
3. *Assigned as a yoga instructor for justice of supreme court through Morarji Desai National Institute of Yoga.*
4. *Resource person in state council of education research and training (SCERT) seminars. yoga teachers.*
5. *Articles published in SCERT magazine.*
6. *Conducted yoga classes in Swami Vivekanand yog samsthan (SVYASA), Bangluru, Moraj Desai National Institute of yoga, Delhi and Rajan Babu T.B Hospital, Delhi.*

PERSONAL DETAILS

Date of Birth - 22nd November 1981
Father's Name - Dr. Kaushal Kumar Bhardwaj
Languages known - English and Hindi
Permanent Address - 10/155 Geeta Colony Delhi-110031
Contact Numbers - 09650933755, 01122509898



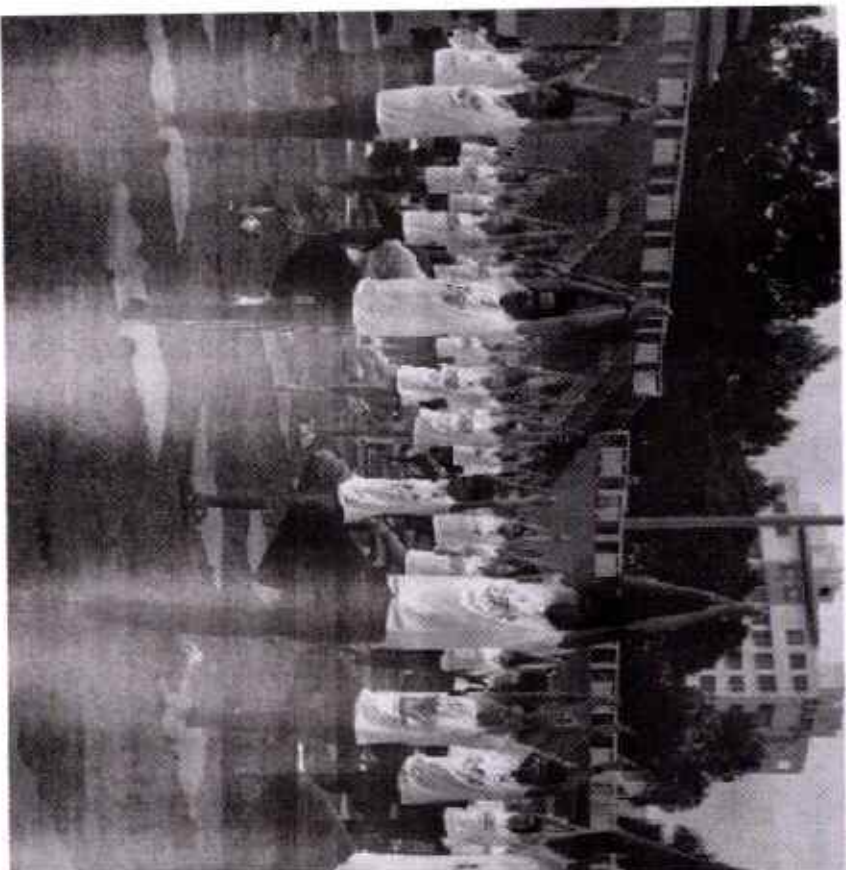

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DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi
9th Km. Stone on NH-58 Delhi Meerut Road , Duhai , Ghaziabad-201206 U.P., Contact: 0120-2679301/02/03/04,
Fax: 01202679300, E-mail: Info@rdec.in



SESSION

ON

YOGA



Mr. VIVEK BHARDWAJ

**VENUE: SEMINAR
HALL(A-BLOCK)**

TIME: 10:00 am

DATE: 20/06/2020




Director
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RD ENGINEERING COLLEGE			
YOGA SESSION			
MECHANICAL II YEAR (2019-2020)			
DATE :20/06/2020			
S NO.	ROLL NO.	STUDENT'S NAME	SIGNATURE
1	1823110081	RAHUL KUMAR -	Rahul Kumar
2	1823140001	ADIL ALI -	Adil
3	1823140002	AHMED UMAR USMAN	A. U.
4	1823140003	AKHIL KUMAR	AB
5	1823140004	AKSHAY UPADHYAY	Akshay
6	1823140005	ALI KHAN -	Ali Khan
7	1823140006	AMAN -	Aman
8	1823140007	AMAN KUMAR	AB
9	1823140008	AMARENDRA KUMAR SINGH	A. K. S.
10	1823140009	ANIRUDDH KUSHWAHA	AB
11	1823140010	ANKIT KUMAR -	Ankit
12	1823140011	ANOOP KUMAR SINGH	Anoop
13	1823140012	ASHAD ULLAH	A. U.
14	1823140013	BHARAT KUMAR	B. K.
15	1823140014	BHAVNA -	Bhavna
16	1823140015	CHETAN GAUTAM	Chetan
17	1823140016	GUL MOHAMMAD	Gul
18	1823140017	HARSH TYAGI -	Harsh
19	1823140018	HARSH HATWALIYA	Harsh
20	1823140019	HRITIK KUMAR -	Hritik
21	1823140021	KUNAL PAL -	Kunal
22	1823140022	KUNDAN PRASAD	Kundan
23	1823140024	MAYANK KUSHWAHA	Mayank
24	1823140025	MOHD ANAS -	AB
25	1823140026	MD USMAN -	MD Usman
26	1823140027	MOHIT kumar	Mohit
27	1823140028	MUKESH KUMAR	AB
28	1823140031	NIKHIL RUHELA	Nikhil
29	1823140032	NIRBHAY SINGH	Nirbhay
30	1823140033	NISHANT SHISHODIA	Nishant
31	1823140034	NISHU DHIMAN -	Nishu
32	1823140035	NITISH -	Nitish
33	1823140037	PANKAJ GAUTAM	AB
34	1823140038	PRIYANSH -	Priyanshu
35	1823140039	PRIYANSHU -	Priyanshu
36	1823140040	RAHUL KUMAR -	Rahul Kumar
37	1823140041	RAHUL PRASAD	AB
38	1823140042	RAJU KUMAR -	Raju Kumar



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39	1823140043	RAVI KUMAR	Ravi Kumar
40	1823140044	RISHANK TYAGI	AB Rishank Tyagi
41	1823140046	ROHIT	AB Rohit
42	1823140047	SACHIN BANSAL	AB Sachin Bansal
43	1823140048	SAGAR	AB Sagar
44	1823140049	SAGAR	AB Sagar
45	1823140050	SAGAR SINGH	AB Sagar Singh
46	1823140051	SANDEEP	AB Sandeep
47	1823140052	SANYAM MISHRA	AB Sanyam Mishra
48	1823140053	SARVESH KUMAR	AB Sarvesh Kumar
49	1823140054	SATPRAKASH	AB Satprakash
50	1823140056	SHIVAM	AB Shivam
51	1823140057	SHIVAM MAITREY	AB Shivam Maitrey
52	1823140058	SHOBHIT KUMAR	AB Shobhit Kumar
53	1823140059	SHUBHAM KUMAR	AB Shubham Kumar
54	1823140060	SURAJ KUMAR	AB Suraj Kumar
55	1823140061	VIJAY PAL	AB Vijay Pal
56	1823140062	VIVEK SINGH	AB Vivek Singh
57	1823140063	WILSON RAJ	AB Wilson Raj
58	1823140064	YASH SHISHODIA	AB Yash Shishodia
59	1902310409001	ANKIT PANDEY	AB Ankit Pandey
60	1902310409002	ANSH TYAGI	AB Ansh Tyagi
61	1902310409003	MASUD ANSARI	AB Masud Ansari
62	1902310409004	MUKUL	AB Mukul
63	1902310409005	SHASHANK CHAUHAN	AB Shashank Chauhan
64	1902310409006	SHUBHAJIT PAUL	AB Shubhajit Paul
65	1902310409007	VAIBHAV SHARMA	AB Vaibhav Sharma
66	1902310409008	VISHAL SHARMA	AB Vishal Sharma




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DEPARTMENT OF ME

Session 2019-20

Report on LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

SPEAKER: Mr. Vivek Bhardwaj

DATE: 20/06/2020

TIME: 10:00 am-01:00pm

VENUE: A Block

This session is conducted by Department of ME to improve and physical and mental health of ME students. Approximately 60 students have benefits by this session.

- Yoga-like practices were first mentioned in the ancient Hindu text known as Rigveda.
- The first known appearance of the word "yoga" with the same meaning as the modern term is in the Katha Upanishad,

OBJECTIVES:-

The objective of yoga is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development.

FUTURE OUTCCOMES:-

- Yoga confers its benefit to mental health through regulation of the autonomic nervous system.
- Yoga may work by integrating top-down and bottom-up processes creating bidirectional pathways between brain and body.

HOD ME
(SIGNATURE)



EVENT COORDINATOR

(SIGNATURE)


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Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 20/06/2020
1) Name Rahul Kumar 2) Roll No 1823110081

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester III Date 20/26/20
1) Name Adil ali 2) Roll No 1823140001

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1 <input checked="" type="radio"/> 5
2. The workshop / Session was well organised.	5 4 3 2 1 <input checked="" type="radio"/> 3
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1 <input checked="" type="radio"/> 4
4. The session increased my knowledge and skills.	5 4 3 2 1 <input checked="" type="radio"/> 4
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1 <input checked="" type="radio"/> 5
6. Overall, I am satisfied with this session.	5 4 3 2 1 <input checked="" type="radio"/> 3




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YOGA SESSION

Branch ME

Semester 3rd

Date 20/06/20

1) Name Ali Khan

2) Roll No 1823140005

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 ④ 3 2 1
2. The workshop / Session was well organised.	5 ④ 3 2 1
3. The information and/or skill presented were relevant and useful.	⑤ 4 3 2 1
4. The session increased my knowledge and skills.	5 4 ③ 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 ④ 3 2 1
6. Overall, I am satisfied with this session.	⑤ 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Aman 2) Roll No 1823140006

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME

Semester 3rd

Date 20/06/20

1) Name Ankit kumar

2) Roll No 20/06/20 182314 0010

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 (4) 3 2 1
2. The workshop / Session was well organised.	5 4 (3) 2 1
3. The information and/or skill presented were relevant and useful.	5 (4) 3 2 1
4. The session increased my knowledge and skills.	5 (4) 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	(5) 4 3 2 1
6. Overall, I am satisfied with this session.	5 (4) 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Bhavna 2) Roll No 182314

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Hansh Tyagi 2) Roll No 1823140017

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Hritik Kumar 2) Roll No 1823140019

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20

1) Name Kunal

2) Roll No 1823140021

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name MOND Anas 2) Roll No 1823140025

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	<u>5</u> 4 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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Branch ME Semester 3rd Date 20/06/20
1) Name MD USMAN 2) Roll No 18 23 1400 26

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/6/20
1) Name Nishu dhiman 2) Roll No 1823140034

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch MBA

Semester 3rd

Date 20/08/20

1) Name Nitish

2) Roll No 1823140035

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Priyansh 2) Roll No 1823140938

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester 3rd Date 20/06/20
1) Name Priyanshu 2) Roll No 1823/40039

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Rahul Kumar 2) Roll No 1823140040

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester 3rd Date 20/06/20
1) Name Rahul Prasad 2) Roll No 1823140041

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Raju Kumar 2) Roll No 1823149042

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Ravi Kumar 2) Roll No 18231400 43

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	<u>5</u> 4 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Rohit 2) Roll No 18231400 46

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	<u>5</u> 4 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Sagar 2) Roll No 1823140048

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	<u>5</u> 4 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Sagar 2) Roll No 1823140049

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch M.E Semester 3rd Date 20/06/20
1) Name Sandeep 2) Roll No 18231400 51

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Sanyam Mishra 2) Roll No 1822140052

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Shivam 2) Roll No 823140056

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Suraj Kumar 2) Roll No 1823140060

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester 3rd Date 20/06/20
1) Name Vijay pal 2) Roll No 1823140061

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name Vivek Singh 2) Roll No 1022140062

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME Semester 3rd Date 20/06/20
1) Name milshion Ray 2) Roll No 1823140068

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 ✓ 4 3 2 1
2. The workshop / Session was well organised.	5 4 ✓ 3 2 1
3. The information and/or skill presented were relevant and useful.	5 ✓ 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 ✓ 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 ✓ 3 2 1
6. Overall, I am satisfied with this session.	5 ✓ 4 3 2 1




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Branch ME Semester 3rd Date 22/06/20
1) Name Ansh Tyagi 2) Roll No 1902310409002

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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RD ENGINEERING COLLEGE

YOGA SESSION

MECHANICAL III YEAR (2019-2020)

DATE :20/06/2020

S NO.	ROLL NO.	STUDENT'S NAME	SIGNATURE
1	1723140001	AAKARSH SINGHAL	
2	1723140002	ABHINAV KUMAR	Abhinav
3	1723140003	ABHISHEK	Abhishek
4	1723140004	ABHISHEK	Abhishek
5	1723140005	AKSHAY PAL	Akshay
6	1723140006	AMIT CHAUDHARY	Amit
7	1723140009	ASHISH SHARMA	Ashish
8	1723140010	ATUL KUMAR	Atul
9	1723140011	BHASKAR CHOUDHARY	Bhaskar
10	1723140012	BUNIL SAHANI	Bunil
11	1723140013	DEEPAK	Deepak
12	1723140014	DEEPAK KUMAR	Deepak
13	1723140015	DEEPAK KUMAR	Deepak
14	1723140016	DEEPAK KUMAR GUPTA	Deepak
15	1723140017	GAURAV SAINI	Gaurav
16	1723140020	HARSHIT SINGHAL	Harshit
17	1723140021	JATIN KUMAR	Jatin
18	1723140022	JAYPRAKASH PAL	Jayprakash
19	1723140023	KM SHIVANI RAJ	KM Shivani Raj
20	1723140024	KUNAL KUMAR	Kunal
21	1723140025	LOKESH GAUTAM	Lokesh
22	1723140028	MONU	Monu
23	1723140029	MUKESH YADAV	Mukesh
24	1723140030	NISHANT	Nishant
25	1723140031	NITESH KUMAR	Nitesh Kumar
26	1723140032	NITIN MISHRA	Nitin
27	1723140033	NIKHIL RAGHAV	Nikhil
28	1723140034	RAHUL KUMAR GAUTAM	Rahul
29	1723140035	RAHUL SINGH	Rahul
30	1723140036	RAJEEV SINGH	Rajeev
31	1723140037	SHIKHAR TYAGI	Shikhar Tyagi
32	1723140038	SHIVAM	Shivam
33	1723140039	SHYAM SINGH	Shyam
34	1723140040	SUMIT KUMAR	Sumit
35	1723140041	SURAJ	Suraj
36	1723140042	SURAJ KUSHWAHA	Suraj
37	1823140901	MOHIT KUMAR SINGH	Mohit
38	1823140902	NISHANT SWAROOP GOUR	Nishant
39	1823140903	SHIVAM SHARMA	Shivam
40	1823140904	SHIVAM TYAGI	Shivam
41	1765440023	VISSAKOTI DURGA SAI KIRAN	Vissakoti




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Branch ME Semester Vth Date 20/06/2020
1) Name Abhinav Kumar 2) Roll No 1723140002

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Abhishek

2) Roll No 1723140003

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Akshay Poo

2) Roll No 1723140005

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester Vth Date 20/06/2020
1) Name Ashish Sharma 2) Roll No 1723140009

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 (4) 3 2 1
2. The workshop / Session was well organised.	5 4 (3) 2 1
3. The information and/or skill presented were relevant and useful.	5 (4) 3 2 1
4. The session increased my knowledge and skills.	(5) 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 (3) 2 1
6. Overall, I am satisfied with this session.	5 (4) 3 2 1




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YOGA SESSION

Branch ME

Semester Vth

Date 20/06/2020

1) Name Atul Kumar

2) Roll No 1723140610

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME

Semester Vth

Date 20/06/2020

1) Name Deepak

2) Roll No 1723146012

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Deepak Kumar

2) Roll No 1723140014

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Deepak Kumar

2) Roll No 1723140015

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Gaurav Saini

2) Roll No 1723140017

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Satin Kumar

2) Roll No 1723140021

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Kunal Kumar

2) Roll No 1723140024

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester Vth Date 20/06/2020

1) Name Lokesh Chawhan

2) Roll No 1723140025

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME

Semester Vth

Date 20/06/2020

1) Name Monu

2) Roll No 1723140028

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME

Semester Vth

Date 20/06/2020

1) Name Mukesh Yadav

2) Roll No 1723140029

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 (4) 3 2 1
2. The workshop / Session was well organised.	5 (4) 3 2 1
3. The information and/or skill presented were relevant and useful.	5 (4) 3 2 1
4. The session increased my knowledge and skills.	(5) 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 (4) 3 2 1
6. Overall, I am satisfied with this session.	5 (4) 3 2 1




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Branch ME Semester Vth Date 20/06/2020
1) Name Nishant 2) Roll No 1723140080

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME

Semester Vth

Date 20/06/2022

1) Name NITISH kumar

2) Roll No 1723140031

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester Vth Date 20/06/2020
1) Name Nitin Mishra 2) Roll No 1723140032

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester Vth Date 20/06/2020
1) Name Rahul Singh 2) Roll No 1723140035

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch ME Semester Vth Date 20/06/2020
1) Name Rajew Singh 2) Roll No 1723410036

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester Vth Date 20/06/2020
1) Name Shikhar Tragi 2) Roll No 1723140037

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME

Semester Vth

Date 20/06/2020

1) Name Shivam

2) Roll No 1723140038

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester Vth Date 20/06/2020
1) Name Swaraj 2) Roll No 1723140041

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME

Semester Vth

Date 20/06/2020

1) Name Suraj kushwaha

2) Roll No 1723140042

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME Semester Vth Date 20/06/2020
1) Name Shivam Sharma 2) Roll No 1823140903

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester Vth Date 20/06/2020

1) Name Shivam Tyagi

2) Roll No 1823190904

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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RD ENGINEERING COLLEGE

YOGA SESSION

MECHANICAL IV YEAR (2019-2020)

DATE :20/06/2020

S NO.	ROLL NO.	STUDENT'S NAME	SIGNATURE
1	1623140018	AKASH TYAGI	<i>Akash Tyagi</i>
2	1623140019	AMAN	<i>Aman</i>
3	1623140020	AMUL TYAGI	<i>Amul Tyagi</i>
4	1623140021	ANIKET SHARMA	<i>Aniket Sharma</i>
5	1623140022	ANKAJ KUMAR SINGH	<i>Ankaj Kumar Singh</i>
6	1623140025	ANKIT SINGH	<i>Ankit Singh</i>
7	1623140026	ANKIT KUMAR SINGH	<i>Ankit Kumar Singh</i>
8	1623140027	ANKUR JAYANT	<i>Ankur Jayant</i>
9	1623140028	ANKUR KUMAR	<i>Ankur Kumar</i>
10	1623140030	ASHISH TOMAR	<i>Ashish Tomar</i>
11	1623140032	ASHUTOSH TRIPATHI	<i>Ashutosh Tripathi</i>
12	1623140033	ASHWANI KUMAR	<i>Ashwani Kumar</i>
13	1623140034	ASIF	<i>Asif</i>
14	1623140035	AVINASH KUMAR	<i>Avinash Kumar</i>
15	1623140036	BASANT JHA	<i>Basant Jha</i>
16	1623140037	DEENANAND	<i>Deenanand</i>
17	1623140038	DEEPAK KUMAR	<i>Deepak Kumar</i>
18	1623140040	DEEPANSHU TYAGI	<i>Deepanshu Tyagi</i>
19	1623140041	FAROUQ ABDULLA	<i>Farouq Abdulla</i>
20	1623140042	GAURAV MUNDE	<i>Gaurav Munde</i>
21	1623140043	GAURAV SINGH	<i>Gaurav Singh</i>
22	1623140044	GAURAV TYAGI	<i>Gaurav Tyagi</i>
23	1623140045	GOVIND SHARMA	<i>Govind Sharma</i>
24	1623140046	GYANESH SHIVAM	<i>Gyanesh Shivam</i>
25	1623140047	HEMANT KUMAR	<i>Hemant Kumar</i>
26	1623140048	HIMANSHU KUMAR SHARMA	<i>Himanshu Kumar Sharma</i>
27	1623140049	IRSHANT GIRI	<i>Irshant Giri</i>
28	1623140050	JAGDEEP SINGH	<i>Jagdeep Singh</i>
29	1623140051	JITENDRA PAL	<i>Jitendra Pal</i>
30	1623140053	KAJAL	<i>Kajal</i>
31	1623140055	KAVITA DIVEDI	<i>Kavita Divedi</i>
32	1623140059	MAHAVIR SINGH ARYA	<i>Mahavir Singh Arya</i>
33	1623140060	MD ARIF	<i>MD Arif</i>
34	1623140062	MUKUL PAL	<i>Mukul Pal</i>
35	1623140066	NITISH KUMAR	<i>Nitish Kumar</i>
36	1623140067	PANKAJ JANOTI	<i>Pankaj Janoti</i>
37	1623140068	PARIJAAT SHARMA	<i>Parijaat Sharma</i>
38	1623140070	PRASHANT SHARMA	<i>Prashant Sharma</i>
39	1623140071	PRAVEEN KUMAR SINGH	<i>Praveen Kumar Singh</i>
40	1623140072	PRAVESH KUMAR	<i>Pravesh Kumar</i>
41	1623140073	RAHUL SINGH	<i>Rahul Singh</i>



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42	1623140074	RAJ KUMAR	Raj
43	1623140075	RISHABH PANWAR	Rishab
44	1623140077	ROHAN SINGH	Rohan
45	1623140078	ROHIT KUMAR	Rohit
46	1623140079	RUPESH RAJ	Rupesh
47	1623140081	SAHIL	Sahil
48	1623140082	SAHIL CHIKARA	Sahil
49	1623140083	SATYAM CHAURSIYA	Satyam
50	1623140084	SHAILESH KUMAR JHA	Shail
51	1623140085	SHEKHAR KUMAR	Shekhar
52	1623140086	SHIVAM SHARMA	Shivam
53	1623140087	SHIVANSH KUMAR	Shivansh
54	1623140089	SHUBHAM BAGEDYAN	Shubham
55	1623140090	SHUBHAM GAUR	Shubham
56	1623140091	SONAM	Sonam
57	1623140092	SONU KUMAR	Sonu
58	1623140093	SOURABH KUMAR	Sourabh
59	1623140095	SURAJ	Suraj
60	1623140096	TARUN CHOUDHARY	Tarun
61	1623140097	VIJAY	Vijay
62	1623140098	VIKANSH TYAGI	Vikan
63	1623140100	VINAY KUMAR	Vinay
64	1623140101	VINAY NIMESH	Vinay
65	1623140102	VISHAL NATH TIWARI	Vishal
66	1623140103	VISHWPRAKASH	Vishw
67	1623140104	VIVEK KUMAR	Vivek
68	1623140105	YOGESH	Yogesh
69	1623140107	ZAID SAIFI	Zaid
70	1723140901	ALOK KUMAR	Alok
71	1723140902	ASHWANI TYAGI	Ashwani
72	1723140903	BUNTY KUMAR	Bunty
73	1723140904	DHANANJAY PRATAP BIND	Dhananjay
74	1723140906	SANGEETA SETH	Sangeeta




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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020
1) Name Sankueta Singh 2) Roll No 1723140306

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020
1) Name Alok Kumar 2) Roll No 1723140901

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-8-2020

1) Name Bunty Kumar

2) Roll No 1723140907

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020
1) Name Zaid Saiyi 2) Roll No 1623140107

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name yogesh

2) Roll No 1623140105

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Vinay Kumar

2) Roll No 1623140100

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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Branch ME Semester 7th Date 20-6-2020

1) Name Akash Tyagi 2) Roll No 16231U0018

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Aman

2) Roll No 1623140019

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-10-2020

1) Name Amul Tyagi

2) Roll No 1623140020

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Aniket Sharma

2) Roll No 1623140021

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-06-2020

1) Name Ankit Singh

2) Roll No 1623140025

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch MS

Semester 7th

Date 20-6-2020

1) Name visay

2) Roll No 1623140097

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Ankit Kumar Singh 2) Roll No 1623140026

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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Branch ME Semester 7th Date 20-6-2020

1) Name Ankur Jayant

2) Roll No 1623146027

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Branch NIE Semester 7th Date 20-6-2020

1) Name Ashwini Kumar 2) Roll No 1623140028

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Ashwani Kumar

2) Roll No 1623140033

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




Director
R.D. Engineering College
Dihal, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Asiy 2) Roll No 1623140034

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 4 <u>3</u> 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Babant sha

2) Roll No 1623140036

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Sunny

2) Roll No 1623140095

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name -DPCNAND

2) Roll No 1623140037

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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Duhai, Ghaziabad

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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Deepak Kumar

2) Roll No 1623140038

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Gyanwar Singh

2) Roll No 1623140043

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 <u>3</u> 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Gourav Tyagi 2) Roll No 1623140044

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	<u>5</u> 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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R.D. Engineering College
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Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Govind Sharma 2) Roll No 1623140045

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name hirmanshu kumar Sharma 2) Roll No 1623140018

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Sonam

2) Roll No 1623140091

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Jyeshant Ginni

2) Roll No 1623140019

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Jitendra Pal

2) Roll No 1623140051

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Waqar

2) Roll No 1623140053

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 <u>3</u> 2 1
4. The session increased my knowledge and skills.	5 <u>4</u> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 <u>3</u> 2 1




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Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Kavita Divedi

2) Roll No 1623140055

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name MD Aujay 2) Roll No 1623140060

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	5 <u>4</u> 3 2 1
3. The information and/or skill presented were relevant and useful.	<u>5</u> 4 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Shubham Gaur

2) Roll No 1623140090

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	<u>5</u> 4 3 2 1
6. Overall, I am satisfied with this session.	5 <u>4</u> 3 2 1




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R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 20-7-2020

1) Name Mukund Pal

2) Roll No 1623140062

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	(5) 4 3 2 1
2. The workshop / Session was well organised.	5 (4) 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 (3) 2 1
4. The session increased my knowledge and skills.	5 (4) 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	(5) 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 (3) 2 1




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R.D. Engineering College
Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 2020

1) Name Vitish kumar 2) Roll No 1623140066

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	(5) 4 3 2 1
2. The workshop / Session was well organised.	(5) 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 (4) 3 2 1
4. The session increased my knowledge and skills.	5 (4) 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 (3) 2 1
6. Overall, I am satisfied with this session.	5 4 (3) 2 1




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R.D. Engineering College
Duhai, Ghaziabad

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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Pravesh Kumar

2) Roll No 1623140072

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 (circled) 4 3 2 1
2. The workshop / Session was well organised.	5 4 (circled) 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 (circled) 2 1
4. The session increased my knowledge and skills.	5 4 (circled) 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 (circled) 2 1
6. Overall, I am satisfied with this session.	5 4 3 (circled) 2 1




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R.D. Engineering College
Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020
1) Name Rehul Singh 2) Roll No 1623140073

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



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YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Ray kumar

2) Roll No 1623140074

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



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R.D. Engineering College
Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Rohan Singh 2) Roll No 1623140077

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 <u>4</u> 3 2 1
2. The workshop / Session was well organised.	<u>5</u> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <u>4</u> 3 2 1
4. The session increased my knowledge and skills.	5 4 <u>3</u> 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <u>4</u> 3 2 1
6. Overall, I am satisfied with this session.	<u>5</u> 4 3 2 1




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R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 20-6-2020

1) Name Sahil

2) Roll No 1623140151

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




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R.D. Engineering College
Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020
1) Name Sahil Chikara 2) Roll No 1623140082

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	<input checked="" type="radio"/> 5 4 3 2 1
2. The workshop / Session was well organised.	5 <input checked="" type="radio"/> 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 <input checked="" type="radio"/> 4 3 2 1
4. The session increased my knowledge and skills.	5 4 <input checked="" type="radio"/> 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 <input checked="" type="radio"/> 4 3 2 1
6. Overall, I am satisfied with this session.	<input checked="" type="radio"/> 5 4 3 2 1




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R.D. Engineering College
Duhai, Ghaziabad

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YOGA SESSION

Branch ME Semester 7th Date 20-6-2020

1) Name Shivam Sharma 2) Roll No 1623140086

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1




Director
R.D. Engineering College
Duhai, Ghaziabad

RD ENGINEERING COLLEGE

Session- 2019-20

Topics

1. ~~ICT~~ LIFE SKILL

Program

2. Yoga

Date

20/06/2020



Director
R.D. Engineering College
Duhai, Ghazipur

Vivek Bhardwaj

vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

Mr. Vivek Bhardwaj founder of well renowned yoga institute **Morarji Desai National Institute of Yoga**, one and only National institute all over India, located in Connaught Place, New Delhi.

He's a certified yoga instructor, he did two years of diploma course since 2006-2008.

His father was also a well renowned Yogacharya, **Swami Dharendra Bhramachandra**.

Mr. Bhardwaj has taught yoga to some well renowned personalities like Justice B. Sudharshan Reddy, Rajnath Gupta Ji, chairman of Ramjas founder and many more.

He is even providing virtual sessions to all people around the world through his YouTube channel called **Yog Jeevan by Vivek Bhardwaj**.




Director
R.D. Engineering College
Duhai, Ghaziabad



hod_mca <hod_mca@rdec.in>

Invitation for Seminar

3 messages

hod_mca <hod_mca@rdec.in>

Wed, June 10, 2020 at 11:11AM

To: "vivekbhardwajyogsaadhak@gmail.com" <vivekbhardwaj81>

Hello sir

I hope this message finds you well. As we navigate through our busy lives, it's essential to take a moment to reconnect with ourselves and find inner balance. With that in mind, I would like to invite you to a rejuvenating yoga session.

Our event aims to promote holistic well-being through yoga, and we believe that your expertise and insights would greatly contribute to the success of our program. Your unique perspective on Life Skills aligns perfectly with our goals, and we believe it will resonate well with our participants.

We will actively promote the event through our website, social media channels, and email newsletters. Your participation will be highlighted, giving you exposure to our diverse audience.

Hoping for your favorable response about the matter.

Thank you very much.

Vivek Bhardwaj <vivekbhardwajyogsaadhak@gmail.com >

Thu, June 12, 2020 at 3:49PM

To: hod_mca <hod_mca@rdec.in>

Dear Sir,

Thanks for your invitation.

I will be available for the seminar on June 20, 2020 .Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj

[Quoted text hidden]




Director
R.D. Engineering College
Duhai, Ghaziabad



R. D. Engineering College, Ghaziabad College Code-231
Approved by AICTE & Affiliated to Dr. APJ Abdul Kalam Technical University, Lucknow

Notice

This is hereby informed to all the students of CSE that R.D Engineering College is celebrating a **International Yoga Day** on 20th June 2020 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Mr. Vikas Chaudhary. Contact him for any further queries or difficulties.

Dr. Jaideep Kumar
(Head, B.Tech CSE)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

R.D. Engineering College
Duhai, Ghaziabad

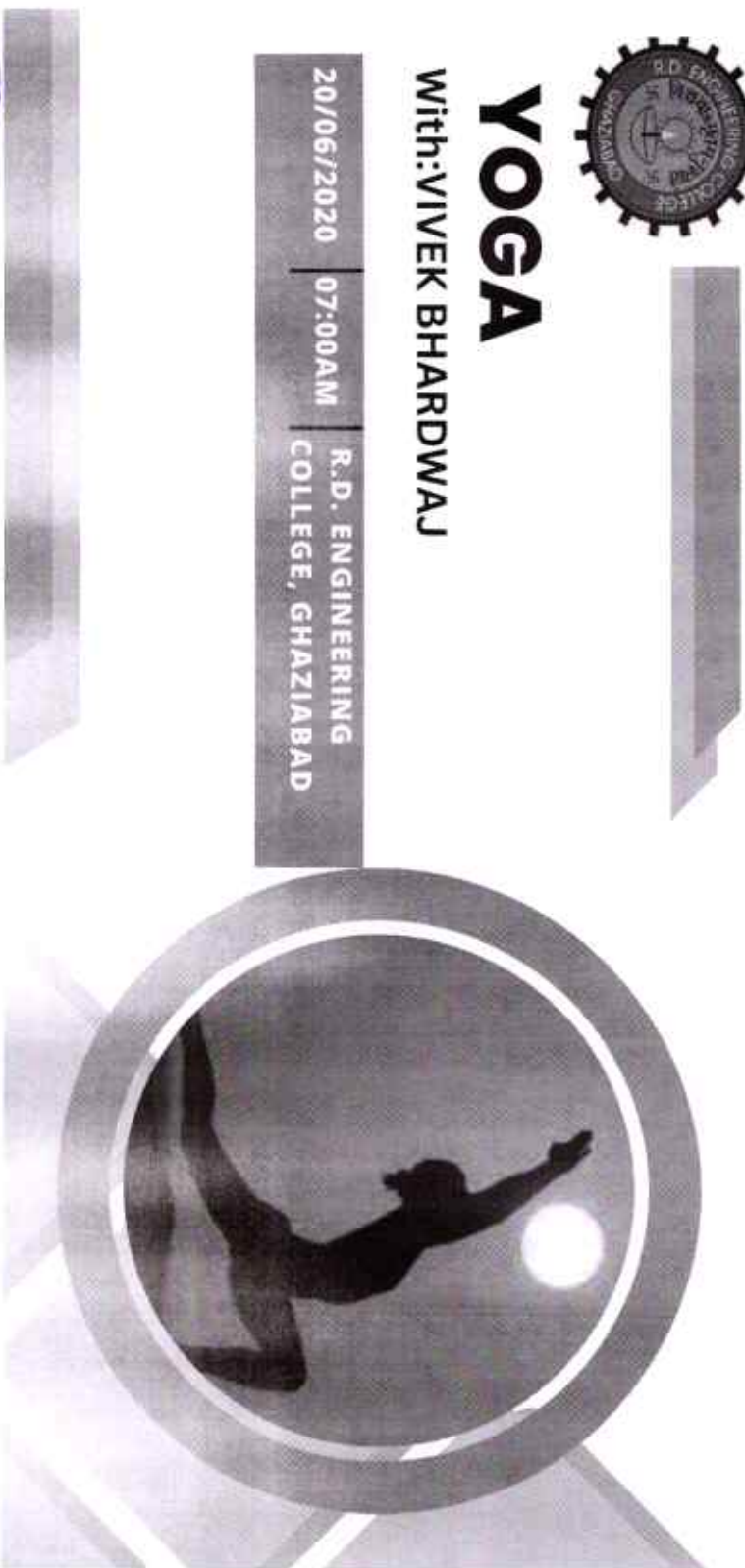
Director



YOGA

With: VIVEK BHARDWAJ

20/06/2020 | 07:00AM | R.D. ENGINEERING
COLLEGE, GHAZIABAD



Department Of CSE

Session 2019-20

Report of Yoga Conducted For B.Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwaj

Date: - 20/06/2020

Time: - 07:00 AM

This program is organized by Department of CSE to benefit and enhance the yoga of B.Tech 2nd Year and 3rd Year students. Approximately 224 students have benefited by this program.

Yoga is a holistic system of physical, mental, and spiritual practices that originated in ancient India. The word "yoga" is derived from the Sanskrit root "yuj," which means to unite or yoke.

OBJECTIVES:-

The objective of conducting the yoga session is to promote holistic well-being by integrating physical postures, breathwork, and mindfulness to enhance flexibility, strength, and mental clarity.

FUTURE OUTCOMES:-

- Improved physical health, reduced stress, enhanced mental well-being, increased mindfulness, and a sustained sense of balance and harmony in daily life.
- Yoga promotes long-term physical health, fostering flexibility and strength.
- It cultivates mental resilience, reducing stress and enhancing overall well-being.
- Practicing yoga fosters a sustainable and balanced lifestyle for long-term holistic benefits.

HOD B.Tech (CSE)
(SIGNATURE)



EVENT COORDINATOR
(SIGNATURE)

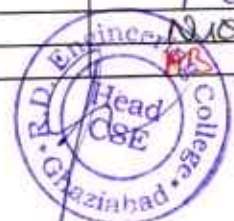
A handwritten signature in blue ink, appearing to be 'Vivek Bhardwaj', written over the text 'EVENT COORDINATOR (SIGNATURE)'. The signature is slanted and includes a checkmark-like flourish.

A handwritten signature in blue ink, appearing to be 'Vivek Bhardwaj', written over the text 'Director R.D. Engineering College Duhai, Ghaziabad'. The signature is slanted and includes a checkmark-like flourish.
Director
R.D. Engineering College
Duhai, Ghaziabad

ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 20/06/2020 TIMING: 07:00 AM

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	1823110001	AARUSHI JAISWAL	2nd Year	CSE	Aarushi
2	1823110002	AARYAN TYAGI	2nd Year	CSE	Aaryan
3	1823110003	ABHIJEET BHATNAGAR	2nd Year	CSE	Abhi
4	1823110005	ABHISHEK DWIVEDI	2nd Year	CSE	AB
5	1823110006	ADITYA KUMAR	2nd Year	CSE	Aditya
6	1823110007	AKASH SHARMA	2nd Year	CSE	Akash
7	1823110008	AKASH VERMA	2nd Year	CSE	Akash
8	1823110009	AKSHAY MANDLEY	2nd Year	CSE	Akshay
9	1823110010	AKSHIT VERMA	2nd Year	CSE	Akshat
10	1823110011	AKUL TOMER	2nd Year	CSE	Akul
11	1823110012	AMAN GARG	2nd Year	CSE	Aman
12	1823110013	AMAN YADAV	2nd Year	CSE	Aman
13	1823110014	ANJALI SAXENA	2nd Year	CSE	Anjali
14	1823110016	ANSHU CHAUDHARY	2nd Year	CSE	Anshu
15	1823110017	ARJUN SINGH	2nd Year	CSE	Arjun
16	1823110018	ARPIT ASWAL	2nd Year	CSE	Arpit
17	1823110020	ASHISH CHAUDHARY	2nd Year	CSE	Ashish
18	1823110021	ASHISH SINGH JEENA	2nd Year	CSE	Ashish
19	1823110022	AYUSH KHOKRAAN	2nd Year	CSE	Ayush
20	1823110023	AYUSH shresth	2nd Year	CSE	AY
21	1823110024	BHAWNA	2nd Year	CSE	Bhawn
22	1823110025	DEEPTI TYAGI	2nd Year	CSE	Deepti
23	1823110026	DEVANSH SHARMA	2nd Year	CSE	Devansh
24	1823110028	DHRUV YADAV	2nd Year	CSE	Dhruv
25	1823110029	HARSH PRATAP	2nd Year	CSE	Harsh
26	1823110030	HARSHIT	2nd Year	CSE	Harsh
27	1823110031	HARSHITA SHARMA	2nd Year	CSE	Harshita
28	1823110032	HIMANSHU AGARWAL	2nd Year	CSE	Himanshu
29	1823110033	HIMANSHU GARG	2nd Year	CSE	Himanshu
30	1823110034	HIMANSHU KUMAR	2nd Year	CSE	Himanshu
31	1823110035	HRITIK TYAGI	2nd Year	CSE	Hritik
32	1823110036	ISHIKA	2nd Year	CSE	Isika
33	1823110037	JAHANGIR	2nd Year	CSE	Jahangir
34	1823110038	KAJAL TYAGI	2nd Year	CSE	Kajal
35	1823110039	KANIKA	2nd Year	CSE	Kanika
36	1823110040	KARTIK BHARGAV	2nd Year	CSE	Kartik
37	1823110041	KARTIK GARG	2nd Year	CSE	Kartik
38	1823110042	KARTIKEY TYGAI	2nd Year	CSE	Kartikey
39	1823110043	KARTIKEYA JANGID	2nd Year	CSE	Kartikeya
40	1823110044	KHUSHBU	2nd Year	CSE	Khushbu
41	1823110045	KISHAN CHAURASIA	2nd Year	CSE	Kishan
42	1823110046	KM TANUSHREE	2nd Year	CSE	Km
43	1823110047	KOMAL SHARMA	2nd Year	CSE	Komal
44	1823110048	KRIKA TYAGI	2nd Year	CSE	Kritika
45	1823110049	MAYANK TYAGI	2nd Year	CSE	Mayank
46	1823110050	MD AMAN	2nd Year	CSE	MD Aman
47	1823110051	MD. MAZHAR IMAM	2nd Year	CSE	Md Mazhar
48	1823110052	MOHD SHARIB SAIFI	2nd Year	CSE	Mohd
49	1823110054	NAMAN PARASHAR	2nd Year	CSE	Naman
50	1823110055	NANDINI TYAGI	2nd Year	CSE	Nandini
51	1823110056	NEHA	2nd Year	CSE	Neha
52	1823110057	NIDHI	2nd Year	CSE	Nidhi
53	1823110058	NIKHIL SHARMA	2nd Year	CSE	Nikhil

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Duhai



54	1823110059	NIKHIL GARG	2nd Year	CSE	Nikhil
55	1823110060	NIKITA TYAGI	2nd Year	CSE	Nikita
56	1823110061	NIPUN SHARMA	2nd Year	CSE	Nipun
57	1823110062	NISHANT	2nd Year	CSE	Nishant
58	1823110063	NISHANT KUMAR	2nd Year	CSE	Nishant
59	1823110064	NISHITA BHARGAV	2nd Year	CSE	Nishita
60	1823110065	NITESH KUMAR	2nd Year	CSE	Nitesh
61	1823110066	PALAK	2nd Year	CSE	Palak
62	1823110067	PANKAJ RANA	2nd Year	CSE	Pankaj
63	1823110068	PARAS GOEL	2nd Year	CSE	Paras
64	1823110069	PEEYUSH VATS	2nd Year	CSE	ATB
65	1823110070	PIYUSH	2nd Year	CSE	Piyush
66	1823110072	PRACHI TYAGI	2nd Year	CSE	Prachi
67	1823110073	PRADEEP SHUKLA	2nd Year	CSE	Pradeep
68	1823110074	PRASHANT KUMAR SHARMA	2nd Year	CSE	Prashant
69	1823110075	PRATEEK KUMAR	2nd Year	CSE	Prateek
70	1823110076	PRATEEK KUMAR TYAGI	2nd Year	CSE	Prateek
71	1823110077	PRATEEK mani TRIPATHI	2nd Year	CSE	Prateek
72	1823110078	PRIYANKA YADAV	2nd Year	CSE	Priyanka
73	1823110079	PUNEET KUMAR YADAV	2nd Year	CSE	Puneet
74	1823110080	RAHUL GARG	2nd Year	CSE	Rahul
75	1823110082	RAHUL GOEL	2nd Year	CSE	Rahul
76	1823110084	RISHANK TYAGI	2nd Year	CSE	ATB
77	1823110085	RIYA TYAGI	2nd Year	CSE	Riya
78	1823110086	SACHIN SAINI	2nd Year	CSE	Sachin
79	1823110087	SAGAR SINGH	2nd Year	CSE	Sagar
80	1823110088	SANDEEP CHAUHAN	2nd Year	CSE	Sandeep
81	1823110089	SATVIK SHARMA	2nd Year	CSE	Satvik
82	1823110090	SAURABH	2nd Year	CSE	Saurabh
83	1823110091	SAURABH TYAGI	2nd Year	CSE	Saurabh
84	1823110092	SAVEJ	2nd Year	CSE	Savej
85	1823110093	SHAILESH SHARMA	2nd Year	CSE	Shailesh
86	1823110094	SHARAD TEOTIA	2nd Year	CSE	Sharad
87	1823110095	SHEFALI SHARMA	2nd Year	CSE	Shefali
88	1823110096	SHEKHAR	2nd Year	CSE	Shekhar
89	1823110097	SHIVAM TYAGI	2nd Year	CSE	Shivam
90	1823110098	SHUBHAM SHARMA	2nd Year	CSE	Shubham
91	1823110099	SOURAV kumar	2nd Year	CSE	Sourav
92	1823110100	SRISHTI AGARWAL	2nd Year	CSE	ATB
93	1823110101	MUKUL SHARMA	2nd Year	CSE	Mukul
94	1823110102	SUMITI AGGARWAL	2nd Year	CSE	Sumit
95	1823110103	SURBHI	2nd Year	CSE	Surbhi
96	1823110104	SWARNIMA SRIVASTAVA	2nd Year	CSE	Swarnima
97	1823110105	SWEETY TYAGI	2nd Year	CSE	Sweety
98	1823110106	TANU DWIVEDI	2nd Year	CSE	Tanu
99	1823110107	TANU PRIYA GAUR	2nd Year	CSE	Tanu
100	1823110108	TANU SHUKLA	2nd Year	CSE	Tanu
101	1823110109	TUSHAR KANSAL	2nd Year	CSE	Tushar
102	1823110112	VAIBHAV VERMA	2nd Year	CSE	Vaibhav
103	1823110114	VASAV SHARMA	2nd Year	CSE	Vasav
104	1823110115	VASHU GUPTA	2nd Year	CSE	Vashu
105	1823110116	VINIT SAINI	2nd Year	CSE	Vinit
106	1823110117	VISHAKHA BANSAL	2nd Year	CSE	Vishakha
107	1823110118	VISHAL SAXENA	2nd Year	CSE	Vishal
108	1823110119	VISHAL SHALOT	2nd Year	CSE	Vishal
109	1823110120	VISHAL GUPTA	2nd Year	CSE	Vishal
110	1823110121	VISHWAS LAKHERA	2nd Year	CSE	Vishwas
111	1823110122	VIVEK CHAUDHARY	2nd Year	CSE	Vivek



112	1823110123	YASH	2nd Year	CSE	Yash
113	1823110124	YASH CHOUDHARY	2nd Year	CSE	Yash
114	1823110125	YASHDEEP JAIN	2nd Year	CSE	Yash
115	1823113038	RAKESH KUMAR MISHRA	2nd Year	CSE	Rakesh
116	1823113051	SUHAIB ANSARI	2nd Year	CSE	Suhaib
117	1823113063	YOGESH	2nd Year	CSE	Yogesh
118	1.90231E+12	DEEPANSHU SINGH RAWAT	2nd Year	CSE	Deep.
119	1.90231E+12	RAVI PAL	2nd Year	CSE	Ravi
120	1.90231E+12	ROHIT KUMAR	2nd Year	CSE	Rohit
121	1.90231E+12	SHEETAL	2nd Year	CSE	AB
122	1.90231E+12	SHUBHAM UPADHYAYA	2nd Year	CSE	Shubham
123	1823131048	MAHIMA SHARMA	2nd Year	CSE	Mahima
124	1723110001	KM SHIVANI	3rd Year	CSE	Shivani
125	1723110002	AADITYA RAJ	3rd Year	CSE	Aaditya
126	1723110003	AAKANKSHA TYAGI	3rd Year	CSE	Aakanksha
127	1723110004	AAKASH TYAGI	3rd Year	CSE	Aakash
128	1723110005	ABHISHEK BHARATI	3rd Year	CSE	Abhishek
129	1723110006	ADITI TYAGI	3rd Year	CSE	Aditi
130	1723110007	ADITI SETHI	3rd Year	CSE	Aditi
131	1723110008	AKANSHA TYAGI	3rd Year	CSE	Akansha
132	1723110009	AKARSH GARG	3rd Year	CSE	AB
133	1723110010	AKASH TYAGI	3rd Year	CSE	Aakash
134	1723110011	AKSHAY BHARDWAJ	3rd Year	CSE	Akshay
135	1723110012	AKSHIT TYAGI	3rd Year	CSE	Akshat
136	1723110013	AKSHITA AGGARWAL	3rd Year	CSE	Akshita
137	1723110014	AKSHITA TYAGI	3rd Year	CSE	AB
138	1723110015	AMAN SHARMA	3rd Year	CSE	Aman
139	1723110016	AMAN SINGHAL	3rd Year	CSE	Aman
140	1723110017	ANANT BANSAL	3rd Year	CSE	Anant
141	1723110018	ANANT TYAGI	3rd Year	CSE	Anant
142	1723110019	ANCHAL TYAGI	3rd Year	CSE	Anchal
143	1723110020	ANKIT KUMAR	3rd Year	CSE	Ankit
144	1723110021	ANKITA KUMARI	3rd Year	CSE	Ankita
145	1723110022	ANKUL KAUSHIK	3rd Year	CSE	Ankul
146	1723110023	ANKUR	3rd Year	CSE	Ankur
147	1723110025	ASHUTOSH DIWAKAR	3rd Year	CSE	Ashutosh
148	1723110027	ATUL TYAGI	3rd Year	CSE	Atul
149	1723110028	AVIRAL CHOUDHARY	3rd Year	CSE	AB
150	1723110029	AYUSH TYAGI	3rd Year	CSE	Ayush
151	1723110031	BOBY PAL	3rd Year	CSE	Boby
152	1723110032	DEEPAK	3rd Year	CSE	Deepak
153	1723110033	DEEPAK JHA	3rd Year	CSE	Deepak
154	1723110034	DEEPAK KUMAR	3rd Year	CSE	Deepak Kumar
155	1723110035	DEEPANSHU SHARMA	3rd Year	CSE	Deepanshu
156	1723110036	DEVESH KUMAR	3rd Year	CSE	Devsh
157	1723110037	GOVIND	3rd Year	CSE	Govind
158	1723110038	HARSHIT TYAGI	3rd Year	CSE	Harshit
159	1723110039	HASNAIN ABBAS ZAIDI	3rd Year	CSE	Hasnain
160	1723110040	HIMANSHU JAYANT	3rd Year	CSE	Himanshu
161	1723110041	JAI KISHORE	3rd Year	CSE	Jai
162	1723110043	KM AKSHITA	3rd Year	CSE	Akshita
163	1723110044	KM ANANYA KOUSHIK	3rd Year	CSE	Ananya
164	1723110045	KM BHARTI	3rd Year	CSE	Bharti
165	1723110046	KM DIKSHA	3rd Year	CSE	AB
166	1723110047	KM HUSNARA	3rd Year	CSE	Husnara
167	1723110048	KM KHUSHABOO	3rd Year	CSE	Khushaboo
168	1723110049	KM KIRAN CHANDEL	3rd Year	CSE	Kiran
169	1723110050	KM KOMAL CHANDEL	3rd Year	CSE	Komal

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170	1723110051	KM MANVEE TYAGI	3rd Year	CSE	Mani Manjara
171	1723110052	KM MOHINI VEERBHAN	3rd Year	CSE	Mani Manjara
172	1723110053	KM SONIYA	3rd Year	CSE	Mani Manjara
173	1723110054	KM SWATI PANCHAL	3rd Year	CSE	Mani Manjara
174	1723110055	KRITIKA TYAGI	3rd Year	CSE	Mani Manjara
175	1723110056	LALIT KUMAR	3rd Year	CSE	Mani Manjara
176	1723110058	MANISH	3rd Year	CSE	Mani Manjara
177	1723110059	MANISHA	3rd Year	CSE	Mani Manjara
178	1723110060	MANTHAN GAUR	3rd Year	CSE	Mani Manjara
179	1723110061	MD WALIULLAH	3rd Year	CSE	Mani Manjara
180	1723110062	MEHMOOD	3rd Year	CSE	Mani Manjara
181	1723110063	MONIKA JAISWAL	3rd Year	CSE	Mani Manjara
182	1723110064	NIKHIL TYAGI	3rd Year	CSE	Mani Manjara
183	1723110065	NIKITA CHAUDHARY	3rd Year	CSE	Mani Manjara
184	1723110066	PAKHI SHARMA	3rd Year	CSE	Mani Manjara
185	1723110067	PARVINDER VATS	3rd Year	CSE	Mani Manjara
186	1723110068	POORVA MITTAL	3rd Year	CSE	Mani Manjara
187	1723110069	PORUSH TYAGI	3rd Year	CSE	Mani Manjara
188	1723110070	POSHAN TYAGI	3rd Year	CSE	Mani Manjara
189	1723110071	PRACHIKA PAL	3rd Year	CSE	Mani Manjara
190	1723110072	PRASHANT SHARMA	3rd Year	CSE	Mani Manjara
191	1723110073	PREET CHAUDHARY	3rd Year	CSE	Mani Manjara
192	1723110074	PRIYANSHU CHAUDHARY	3rd Year	CSE	Mani Manjara
193	1723110075	PULKIT KUMAR RANJAN	3rd Year	CSE	Mani Manjara
194	1723110076	RAHUL SOM	3rd Year	CSE	Mani Manjara
195	1723110078	RAVI VERMA	3rd Year	CSE	Mani Manjara
196	1723110079	RIA SHARMA	3rd Year	CSE	Mani Manjara
197	1723110080	RISHABH CHOUDHARY	3rd Year	CSE	Mani Manjara
198	1723110081	RISHABH GAUTAM	3rd Year	CSE	Mani Manjara
199	1723110083	RIYA VASHISTHA	3rd Year	CSE	Mani Manjara
200	1723110084	ROHIT	3rd Year	CSE	Mani Manjara
201	1723110085	ROSHAN MISHRA	3rd Year	CSE	Mani Manjara
202	1723110086	SABIHA YASMEEN	3rd Year	CSE	Mani Manjara
203	1723110087	SAJAL PRATAP SINGH	3rd Year	CSE	Mani Manjara
204	1723110088	SAKIB	3rd Year	CSE	Mani Manjara
205	1723110089	SAKSHI	3rd Year	CSE	Mani Manjara
206	1723110090	SAKSHI SEHRAWAT	3rd Year	CSE	Mani Manjara
207	1723110091	SARTHAK CHADHA	3rd Year	CSE	Mani Manjara
208	1723110092	SATYAM TYAGY	3rd Year	CSE	Mani Manjara
209	1723110095	SHANKY TYAGI	3rd Year	CSE	Mani Manjara
210	1723110096	SHASHWAT SHUKLA	3rd Year	CSE	Mani Manjara
211	1723110097	SHIVAM TYAGI	3rd Year	CSE	Mani Manjara
212	1723110098	SHIVANI CHAUHAN	3rd Year	CSE	Mani Manjara
213	1723110099	SHIVANI KUMARI	3rd Year	CSE	Mani Manjara
214	1723110100	SHOYAB	3rd Year	CSE	Mani Manjara
215	1723110101	SHREYA GARG	3rd Year	CSE	Mani Manjara
216	1723110102	SHRISTI VERMA	3rd Year	CSE	Mani Manjara
217	1723110103	SHUBHAM SHARMA	3rd Year	CSE	Mani Manjara
218	1723110104	SHUBHAM SHARMA	3rd Year	CSE	Mani Manjara
219	1723110105	SIDDHARTH TYAGI	3rd Year	CSE	Mani Manjara
220	1723110106	SOURAV DAS	3rd Year	CSE	Mani Manjara
221	1723110107	SUHAIL AHMAD	3rd Year	CSE	Mani Manjara
222	1723110108	SURBHI GUPTA	3rd Year	CSE	Mani Manjara
223	1723110109	SWAPAN MALIK	3rd Year	CSE	Mani Manjara
224	1723110110	TANUJ	3rd Year	CSE	Mani Manjara
225	1723110111	TANVI VATS	3rd Year	CSE	Mani Manjara
226	1723110112	TUSHAR KAKKAR	3rd Year	CSE	Mani Manjara
227	1723110113	TUSHAR KAUSHIK	3rd Year	CSE	Mani Manjara

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228	1723110114	TUSHAR MISHRA	3rd Year	CSE	Tushar
229	1723110115	UCHIT CHOUDHARY	3rd Year	CSE	Uchit
230	1723110116	UDIT GARG	3rd Year	CSE	Udit
231	1723110117	UTSAV TYAGI	3rd Year	CSE	
232	1723110118	VAIBHAV TYAGI	3rd Year	CSE	vaibhav
233	1723110119	VEER PANCHAL	3rd Year	CSE	veer
234	1723110120	VIKASHU CHAUHAN	3rd Year	CSE	Vikashu
235	1723110121	VIKAS	3rd Year	CSE	Vikas
236	1723110122	VISHAKHA BANSAL	3rd Year	CSE	Vishakha
237	1723110123	VISHESH SHARMA	3rd Year	CSE	Vishesh
238	1723110124	YASH SHARMA	3rd Year	CSE	Yash
239	1723110125	YESHYESWI TYAGI	3rd Year	CSE	Yeshyeshwi
240	1823110901	DANISH	3rd Year	CSE	Danish
241	1823110904	SANCHAN CHOURASIA	3rd Year	CSE	Sanchan
242	1823110905	SONIYAPAL	3rd Year	CSE	Soniya


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 R.D. Engineering College
 Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.			✓	
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES ✓			NO


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Duhai, Ghaziana



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES ✓		NO	


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Director
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


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R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
J.P. Engineering College
Jhal, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester VII Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			✓	
5	I will use these meditation techniques in my daily life.			✓	
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	✓ YES		NO	


Director
R.D. Engineering College
Dunali, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daiiy life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.			✓	
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other.make circle one:	YES			NO

[Handwritten signature]
Head
CSE
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
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8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

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8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch EST Semester IV Date 20/6/20

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

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5	I will use these meditation techniques in my daily life.			✓	
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other.make circle one:	✓ YES			NO


Director
R.D. Engineering College
Duhai, Ghazibad



Feedback form

Yoga Exercise

Branch CSE Semester VII Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.			<input checked="" type="checkbox"/>	
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.			<input checked="" type="checkbox"/>	
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

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5	I will use these meditation techniques in my daily life.			<input checked="" type="checkbox"/>	
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

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6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.			<input checked="" type="checkbox"/>	
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
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7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 2/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			✓	
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	✓ YES			NO




Director
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
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5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghazniabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
Durai, Ghatnabod



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.			✓	
8	I would recommend this yoga class to other.make circle one:	YES			NO


Director
R. D. Engineering College
Ghatigaon, Ghazipur



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

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Director
R.D. Engineering College
Duhai, Ghazniabad



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 20/6/20

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Director College
R.D. Engg College
Duhai, U.A.E.



Feedback form

Yoga Exercise

Branch ESE Semester IV Date 20/6/20

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Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 20/6/20

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8	I would recommend this yoga class to other.make circle one:	✓ YES			NO


Director
R.D. Engineering College
Duhai, Giza, Egypt



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

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R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 20/6/20

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Director
College



Feedback form

Yoga Exercise

Branch CSE Semester VI Date 20/6/20

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3	I will use these breathing exercises to help me in my daily life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.			<input checked="" type="checkbox"/>	
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 30/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.			✓	
8	I would recommend this yoga class to other. make circle one:	✓ YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester VJ Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			✓	
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES ✓			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.			✓	
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch esi Semester V Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
Jhansi, Ghazipur



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness			✓	
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			✓	
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.			✓	
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	LYES		NO	

R.D.E. College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


R.D.
Director
Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			✓	
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO

[Signature]
RD Engg
Dunai, C
College



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
D. Han, Ghansabhad



Feedback form

Yoga Exercise

Branch CSE Semester VII Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO




D. D. Engineering College
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	✓ YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.			✓	
8	I would recommend this yoga class to other. make circle one:	YES			NO




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

Branch CSE

Semester TD

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		<input checked="" type="checkbox"/>		
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester TD Jn Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	YES <input checked="" type="checkbox"/>		NO	


Director
R.D. Engineering College
Duhai, Ghazni



Feedback form

Yoga Exercise

Branch CSE

Semester IVth

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IVth Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IVth

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


 Director
 R.D. Engineering College
 Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 10th Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO

R.L.

College
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Feedback form

Yoga Exercise

Branch CSE Semester IVth Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daiiy life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other.make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch CSE

Semester IVth

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV^m Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	

R.D.

College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IVth Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IVth

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daiiy life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

R
R
Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IVth

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daiiy life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other.make circle one:	YES			NO

R.P. College
Dhule, Maharashtra



Feedback form

Yoga Exercise

Branch CSE Semester 10th Date _____

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		<input checked="" type="checkbox"/>		
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daiiy life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other.make circle one:	YES			NO


Instructor
Sri. P. S. Engineering College
Durai, Chittoor



Feedback form

Yoga Exercise

Branch CSE

Semester 7th

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.	<input type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	YES <input checked="" type="checkbox"/>		NO <input type="checkbox"/>	



R.D.A. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE

Semester IDM

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daiiy life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daiiy life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.			✓	
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other.make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghazni



Feedback form

Yoga Exercise

Branch ASE

Semester VII^m

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	✓			
		YES		NO	

R.C.R.D.
L...



Feedback form

Yoga Exercise

Branch CSE

Semester VII

Date 20/06/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life:		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch CSE Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.			✓	
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	

Director
Engineering College
Dahal, Chazibad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.			<input checked="" type="checkbox"/>	
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


College
abad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


F Director College
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daiiy life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
3 D Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.			<input checked="" type="checkbox"/>	
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	



Feedback form

Yoga Exercise

Branch CSE Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	



Feedback form

Yoga Exercise

Branch CSE

Semester VI

Date 30/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.			✓	
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	

Director
R.D. Engineering College
Daha, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester VJ Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
Engineering College
Bazidabad



Feedback form

Yoga Exercise

Branch CSE Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓	✗		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.			✓	
8	I would recommend this yoga class to other. make circle one:	YES ✓		NO	

Director
Engineering College
Muzaffargarh



RD ENGINEERING COLLEGE

NAAC CRITERIA - 5.1.2

(Capacity building and skills Initiatives)

Session-2019-20.....

Program

1.ICT LIFE-SKILL.....

Topics

2.Yoga.....

Date

.....20/ June/2020.....


Director
R.D. Engineering College
Duhai, Ghaziabad

Invitation for Seminar

3 messages

hodmca<hod_mca@rdec.in>

Wed, June 10, 2020 at 11:11 AM

To: "vivekbhardwajyogsaadhak@gmail.com" <vivekbhardwaj81>

Hello sir

I hope this message finds you well. As we navigate through our busy lives, it's essential to take a moment to reconnect with ourselves and find inner balance. With that in mind, I would like to invite you to a rejuvenating yoga session.

Our event aims to promote holistic well-being through yoga, and we believe that your expertise and insights would greatly contribute to the success of our program. Your unique perspective on Life Skills aligns perfectly with our goals, and we believe it will resonate well with our participants.

We will actively promote the event through our website, social media channels, and email newsletters. Your participation will be highlighted, giving you exposure to our diverse audience.

Hoping for your favorable response
about the matter. Thank you very much.



Vivek Bhardwaj <vivekbhardwajyogsaadhak@gmail.com>
3:49 PM To: hod mca <hod_mca@rdec.in>

Thu, June 12, 2020 at

Dear Sir,
Thanks for your invitation.
I will be available for the seminar on June 20, 2020. Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj
[Quoted text hidden]


Director
R.D. Engineering College
Duhai, Ghaziabad

Vivek Bhardwaj

vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

Mr. Vivek Bhardwaj founder of well renowned yoga institute **Morarji Desai National Institute of Yoga**, one and only National institute all over India, located in Connaught Place, New Delhi.

He's a certified yoga instructor, he did two years of diploma course since 2006-2008.

His father was also a well renowned Yogacharya, **Swami Dhirendra Bhramachandra**.

Mr. Bhardwaj has taught yoga to some well renowned personalities like Justice B. Sudharshan Reddy, Rajnath Gupta Ji, chairman of Ramjas founder and many more.

He is even providing virtual sessions to all people around the world through his YouTube channel called **Yog Jeevan by Vivek Bhardwaj**.




Director
R.D. Engineering College
Ghaziabad



R. D. Engineering College, Ghaziabad College Code-231
Approved by AICTE & Affiliated to Dr. APJ Abdul Kalam Technical University, Lucknow

Notice

This is hereby informed to all the students of IT that R.D Engineering College is celebrating a **International Yoga Day** on 20th June 2020 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Mr. Vikas Chaudhary. Contact him for any further queries or difficulties.

Prof. Hemant Bhardwaj
(Head, B.Tech IT)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

R.D. Engineering College
Duhai, Ghaziabad
Director

[Handwritten Signature]



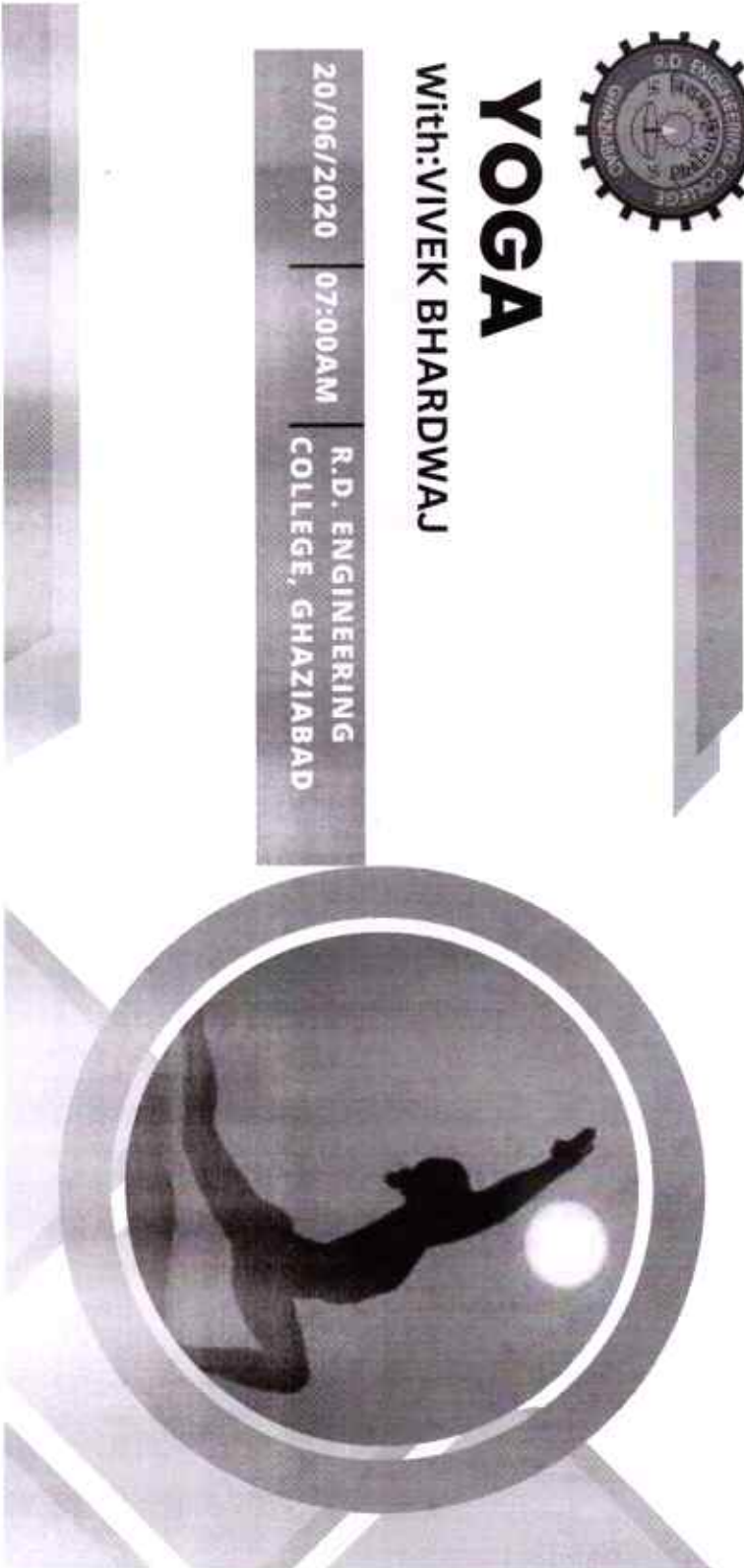
YOGA

With: VIVEK BHARDWAJ

20/06/2020

07:00AM

R.D. ENGINEERING
COLLEGE, GHAZIABAD



Department Of IT

Session 2019-20

Report of Yoga Conducted For B.Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwaj

Date: - 20/06/2020

Time: - 07:00 AM

This program is organized by Department of IT to benefit and enhance the yoga of B.Tech 2nd Year and 3rd Year students. Approximately 65 students have benefited by this program.

Yoga is a holistic system of physical, mental, and spiritual practices that originated in ancient India. The word "yoga" is derived from the Sanskrit root "yuj," which means to unite or yoke.

OBJECTIVES:-

The objective of conducting the yoga session is to promote holistic well-being by integrating physical postures, breathwork, and mindfulness to enhance flexibility, strength, and mental clarity.

FUTURE OUTCOMES:-

- Improved physical health, reduced stress, enhanced mental well-being, increased mindfulness, and a sustained sense of balance and harmony in daily life.
- Yoga promotes long-term physical health, fostering flexibility and strength.
- It cultivates mental resilience, reducing stress and enhancing overall well-being.
- Practicing yoga fosters a sustainable and balanced lifestyle for long-term holistic benefits.

HOD B.Tech (IT)
(SIGNATURE)

EVENT COORDINATOR
(SIGNATURE)

Director
R.D. Engineering College
Duhai, Ghaziabad

**ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED BY
R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 21/06/2020
TIMING: 07:00 AM**

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	1823113001	ABHISHEK BANSAL	2nd Year	IT	Abhishek
2	1823113003	ABHISHEK kumar	2nd Year	IT	Abhishek
3	1823113004	AKHILESH SANGWAN	2nd Year	IT	Akhil
4	1823113005	AMIT KUMAR	2nd Year	IT	Amit
5	1823113006	ANMOL TYAGI	2nd Year	IT	Anmol
6	1823113007	ANSHUL KUMAR	2nd Year	IT	Anshul
7	1823113008	ARUN KUMAR	2nd Year	IT	Arun
8	1823113009	BABLI SINGH	2nd Year	IT	AB
9	1823113010	DEEPAK	2nd Year	IT	Deepak
10	1823113011	DEEPAK GIRI	2nd Year	IT	Deepak
11	1823113012	DEVANSHU TYAGI	2nd Year	IT	Gagandeep
12	1823113013	GAGANDEEP	2nd Year	IT	Gagandeep
13	1823113014	GIRISH kumar MISHRA	2nd Year	IT	Girish
14	1823113015	HARSH NIRANJAN	2nd Year	IT	Harsh
15	1823113018	JYOTI KUMARI	2nd Year	IT	Jyoti
16	1823113019	KAJAL RANI	2nd Year	IT	Kajal
17	1823113020	KARAN	2nd Year	IT	Karan
18	1823113021	KESHAV GARG	2nd Year	IT	Keshav
19	1823113022	KM KOMAL RANI	2nd Year	IT	Komal
20	1823113023	KM PARUL RANI	2nd Year	IT	Parul
21	1823113024	MOHD JUNED	2nd Year	IT	Parul
22	1823113025	NEERAJ PAL	2nd Year	IT	Neeraj
23	1823113026	NIKHIL KUMAR	2nd Year	IT	Nikhil
24	1823113027	NISHANT BHARGAVA	2nd Year	IT	Nishant
25	1823113028	NISHANT AGGARWAL	2nd Year	IT	Nishant
26	1823113029	NITESH KUMAR	2nd Year	IT	Nitesh
27	1823113030	NITESH KUMAR	2nd Year	IT	Nitesh
28	1823113031	NOOR MOHAMMAD	2nd Year	IT	Noor
29	1823113033	PARAS JAIN	2nd Year	IT	Paras
30	1823113034	PARIKSHIT SHARMA	2nd Year	IT	Parikshit
31	1823113035	PAWAN KUMAR	2nd Year	IT	Pawan
32	1823113036	PRANJAL JAISWAL	2nd Year	IT	Pranjal
33	1823113037	PREETI	2nd Year	IT	Preeti
34	1823113039	RITIK	2nd Year	IT	Ritik
35	1823113041	RITIKA TIWARI	2nd Year	IT	Ritika
36	1823113042	RIYA DWIVEDI	2nd Year	IT	AB
37	1823113043	ROHAN	2nd Year	IT	Rohan
38	1823113044	SACHIN JHA	2nd Year	IT	Sachin
39	1823113045	SAIF MALIK	2nd Year	IT	Saif
40	1823113046	SALMAN	2nd Year	IT	Salman
41	1823113048	SAVIT SHARMA	2nd Year	IT	Savit
42	1823113049	SHRIJAN GIRI	2nd Year	IT	Shrijan
43	1823113050	SPARSH KHARE	2nd Year	IT	Spursh
44	1823113052	SUMIT PARCHA	2nd Year	IT	Sumit
45	1823113053	SWATI CHOUDHARY	2nd Year	IT	Swati
46	1823113054	TANNU CHOUDHARY	2nd Year	IT	Tannu
47	1823113055	UPMANYU SINGH	2nd Year	IT	Upmanyu

R.D. Engineering College
Duhai, Ghaziabad



48	1823113056	VAIBHAV JAIN	2nd Year	IT	AB
49	1823113057	VEDANT SHARMA	2nd Year	IT	Vedant
50	1823113059	VIKRANT	2nd Year	IT	Vikrant
51	1823113060	VINIT TYAGI	2nd Year	IT	Vinit
52	1823113062	VIVEK KUMAR OJHA	2nd Year	IT	Vivek
53	1723113001	AADESH SHARMA	2nd Year	IT	Aadesh
54	1723113002	AASTHA	2nd Year	IT	Aastha
55	1723113004	AFZAL AHMAD	2nd Year	IT	Afzal
56	1723113006	AKSHARA BHARDWAJ	2nd Year	IT	Akshara
57	1723113007	ALISHA KARN	2nd Year	IT	Alisha
58	1723113008	AMULYA TYAGI	2nd Year	IT	Amulya
59	1723113009	ANIL KUMAR	2nd Year	IT	AB
60	1723113010	ANKIT RAGHAV	2nd Year	IT	Ankit
61	1723113011	ANUPAM YADAV	2nd Year	IT	AB
62	1723113014	CHIRANJEEV VATS	2nd Year	IT	Chiranjeev
63	1723113015	DIVYANSHU SHARMA	2nd Year	IT	Divyanshu
64	1723113016	DUSHYANT KUMAR	2nd Year	IT	Dushyant
65	1723113017	GAURAV SHARMA	2nd Year	IT	Gaurav
66	1723113018	HANSIKA KARN	2nd Year	IT	AB
67	1723113020	ISHIKA TYAGI	2nd Year	IT	Ishika
68	1723113022	NISHANT KUMAR TYAGI	2nd Year	IT	Nishant
69	1723113024	PRANJAL MISRA	2nd Year	IT	AB
70	1723113025	PRATHAM SHARMA	2nd Year	IT	Pratham
71	1723113026	ROHIT	2nd Year	IT	Rohit
72	1723113027	SAHIL KUMAR	2nd Year	IT	Sahil
73	1723113030	SIDDHANT GOEL	2nd Year	IT	Siddhant
74	1723113031	SUBHANSHU VERMA	2nd Year	IT	AB
75	1823113901	DEEPA RANI	2nd Year	IT	AB


 Director
 R.D. Engineering College
 Duha, Ghaziabad



R.I. R.I.
 L. L.

Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.			<input checked="" type="checkbox"/>	
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6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/8/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	✓ YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daiiy life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
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7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
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5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

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4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.			✓	
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO



R.D. Engineering College
Durgam Choubat

Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.			<input checked="" type="checkbox"/>	
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D.T. Engineering College
Durai, Chennai



Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	



Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
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8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.			<input checked="" type="checkbox"/>	
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

R.D.

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Duhai Ghaziabad



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Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

Branch II Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.			✓	
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Director
R.D. Engineering College
Duhai, Ghazikhan

R.D. E
Duhai

Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.			<input checked="" type="checkbox"/>	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

R.D. Engineering College
Duh...



Feedback form

Yoga Exercise

Branch II Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.			✓	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES ✓			NO

R.D.F.
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Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
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6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

R.D. Engin
Duhai, Graduate



Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
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6	I will use these yoga postures and stretching exercises in my daily life.			<input checked="" type="checkbox"/>	
7	In general what I have learned in this class will be helpful in my everyday life.			<input checked="" type="checkbox"/>	
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/6/20.

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
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6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other.make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise


Branch IT

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
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8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 30/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			✓	
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO

Director
R.D. Engineering College
Duhai, Ghazabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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1	The activities in the yoga class left me with an overall feeling of wellness	✓			
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3	I will use these breathing exercises to help me in my daily life.		✓		
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5	I will use these meditation techniques in my daily life.			✓	
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	✓ YES			NO

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
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4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓		✓	
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES ✓			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

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8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/22

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
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6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

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8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziala

Feedback form

Yoga Exercise

Branch IT Semester VI Date 20/6/22

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1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
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Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

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4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			<input checked="" type="checkbox"/>	
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.B.D. Engineering College
Dahal, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 20/6/20

Please respond to the following statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES		<input type="checkbox"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



R.D. ENGINEERING COLLEGE

DEPARTMENT OF MBA

(Capacity building and skills Initiatives)

Session- **2019-2020**

Program

LIFE SKILL

Topics

WEBINAR ON YOGA

Date

20/06/2020


Director
R.D. Engineering College
Duhai, Ghaziabad



Gmail

Search in mail



Invitation on Yoga Session

External Inboor x

Dr. Gaurav Bansal <hodmrba@rdcc.in>
to vivek.bhardwaj2211@gmail.com

Dear Mr. Vivek Bhardwaj,

We cordially invite you to conduct a Session on "YOGA" at our institution. Your expertise in the field of Yoga is valuable to our students and faculty members. The Session is scheduled on 20-06-2020 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience. We greatly appreciate your consideration of this invitation and look forward to your positive response.

Best regards,

Dr. Gaurav Bansal
Head & Professor
MBA Department
R.D.Engineering College, Duhai, Ghaziabad(U.P)


Director
R.D. Engineering College
Duhai, Ghaziabad



Gmail

Search in mail



5 of 36 < >

VIVEK BHARDWAJ

to me

Dear Sir,

I accept the invitation I wanted to express my heartfelt gratitude for the gracious invitation to deliver a session at R.D Engineering College It's an honor to be considered, and I'm excited abo prospect of sharing insights with your students

Regards,

Vivek Bhardwal

Thank you for your support.

Thanks for your response.

Our pleasure!

Reply Forward

R.D. Engineering College
Director
Duhai, Ghaziabad



Activate Windows
Go to Settings to activate



R.D. ENGINEERING COLLEGE

Approved by AICTE New Delhi & Affiliated to Dr.APJ Abdul Kalam Technical University,
Lucknow
Under the aegis of IQAC

Notice

This is hereby informed to all the students of MBA that a one day student webinar on **YOGA** will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on **20/06/2020** at **10:00 am** on Google Meet.

Faculty coordinator for above program is Mr. Sarthak Tyagi. Contact him for any further queries or difficulties.



Dr.Gaurav Bansal

(Head & Professor, MBA Dept.)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

VIVEK BHARDWAJ

10/155 Geeta Colony Delhi-110031, India
Ph: 09650933755, 01122509898

OBJECTIVES

1. To serve the people through knowledge and practice of yoga, that I acquired in reputed institutes through my sincere efforts.
2. To disseminate yoga in its real form.

ACADEMICS

B.Sc. (Zoology Hones)

PROFESSIONAL QUALIFICATIONS

1. *Diploma in pharmacy(two years)*
PUSA Polytechnic
2. Two years diploma in yoga (DYT)
Morarji Desai National Institute of Yoga.
(Ministry of health, Govt. of India)
3. *Bachelor of physical education (B.P.Ed)*
Jivaji university

PROFESSIONAL EXPERIENCE

1. *Yoga instructor and health consultant in Anandateet Yog Sadhna Kendra, Gandhi Nagar.*
2. *Writing a book on Yogasanas.*
3. *Assigned as a yoga instructor for justice of supreme court through Morarji Desai National Institute of Yoga.*
4. *Resource person in state council of education research and training (SCERT) seminars for yoga teachers.*
5. *Articles published in SCERT magazine.*
6. *Conducted yoga classes in Swami Vivekanand yog samsthan (SVYASA), Bangluru, Morarji Desai National Institute of yoga, Delhi and Rajan Babu T.B Hospital, Delhi.*

PERSONAL DETAILS

Date of Birth - 22nd November 1981
Father's Name - Dr. Kaushal Kumar Bhardwaj
Languages known - English and Hindi
Permanent Address - 10/155 Geeta Colony Delhi-110031
Contact Numbers - 09650933755, 01122509898



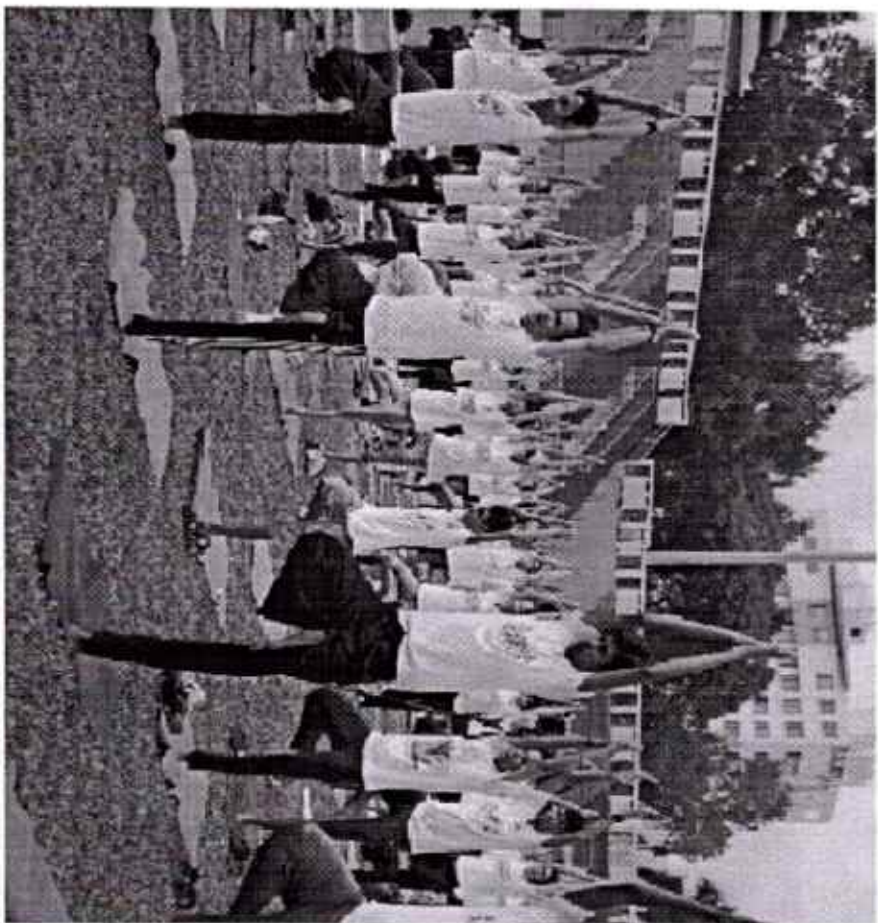

Director
R.D. Engineering College
Duhai, Ghaziabad



DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi
9th Km. Stone on NH-58 Delhi Meerut Road , Duhai , Ghaziabad-201206 U.P., Contact: 0120-2679301/02/03/04,
Fax: 01202679300, E-mail: info@rdec.in



WEBINAR ON YOGA



MR. VIVEK BHARDWAJ

TIME: 10:00AM

DATE:20/06/2020

VENUE : GOOGLE MEET

Director
R.D. Engineering College
Duhai, Ghaziabad





AICTE ID: 1-3548321

COLLEGE CODE:231

R.D. ENGINEERING COLLEGE

Approved by AICTE New Delhi & Affiliated to Dr.APJ Abdul Kalam Technological University, Lucknow
Under the aegis of IQAC

DEPARTMENT OF MBA

Session 2019-20

Report of LIFE SKILL PROGRAM.

TOPIC: WEBINAR ON YOGA.

SPEAKER: Mr. Vivek Bhardwaj

DATE: 20/06/2020

TIME: 10:00 am-01:00pm

VENUE: Google Meet



This session is conducted by Department of MBA to improve and physical and mental health of MBA students. Approximately 60 students have benefits by this session.

- Yoga-like practices were first mentioned in the ancient Hindu text known as Rigveda.
- The first known appearance of the word "yoga" with the same meaning as the modern term is in the Katha Upanishad,

OBJECTIVES:-

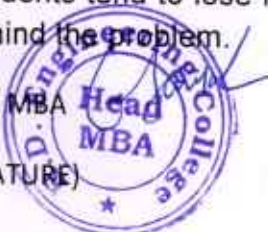
Group discussion helps students develop their critical thinking skills, problem-solving abilities, and communication skills.

FUTURE OUTCOMES:-

- Group Discussion (GD) is an essential feature of the teaching-learning approach adapted in a classroom today.
- Group discussions (GDs) help in a major way to get rid of such complexity and difficulties in problem solving.
- Students tend to lose interest once they fail to understand the complexity and rationale behind the problem.

HOD MBA

(SIGNATURE)




Director
R.D. Engineering College
Duhai, Ghaziabad


EVENT COORDINATOR

(SIGNATURE)

FEEDBACK FORM
SESSION (2019-2020)
WEBINAR ON YOGA

DATE : 20-06-2020

QUESTIONS FOR ONLINE FEEDBACK :

1. Webinar objectives were stated clearly and meet.
2. The Webinar was well organised.
3. The information and/or skill presented were relevant and useful.
4. The webinar increased my knowledge and skills.
5. The presenter(s) provided adequate time for question and answer them satisfactorily.
6. Overall, I am satisfied with this webinar.

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement.

SNO.	BRANCH	SEM	ROLL NO.	NAME	5= Excellent 4= Very good 3=Good 2=Average 1= Below Average					
					QUESTION NO.1	QUESTION NO.2	QUESTION NO.3	QUESTION NO.4	QUESTION NO.5	QUESTION NO.6
1	MBA	II SEM	2002310700001	Aashi	5	4	4	3	3	4
2	MBA	II SEM	2002310700002	Abhishek	4	4	4	4	3	5
3	MBA	II SEM	2002310700003	Akhilesh Kumar Singh	3	5	5	5	4	5
4	MBA	II SEM	2002310700004	Anjali Sharma	5	3	3	4	5	5
5	MBA	II SEM	2002310700005	Eshta Roy	5	5	5	5	4	3
6	MBA	II SEM	2002310700006	Gaurav Munde	5	5	5	5	5	4
7	MBA	II SEM	2002310700007	Hena Nigam	4	5	5	5	5	4
8	MBA	II SEM	2002310700008	Kajal	3	3	3	4	5	5
9	MBA	II SEM	2002310700009	Kajal Chandela	4	3	3	5	4	4
10	MBA	II SEM	2002310700010	Keshav Sharma	5	4	4	5	5	4
11	MBA	II SEM	2002310700011	Km. Shivani	4	5	5	5	5	5
12	MBA	II SEM	2002310700012	Km. Versha	5	4	4	4	5	4
13	MBA	II SEM	2002310700013	Komal Rani	5	4	5	3	4	5
14	MBA	II SEM	2002310700014	Kunwar Junaid Ahmad	5	5	5	5	3	5
15	MBA	II SEM	2002310700015	Mansi Gupta	3	5	5	4	5	5
16	MBA	II SEM	2002310700016	Manya Tyagi	3	5	5	4	4	5
17	MBA	II SEM	2002310700017	Meenu Rani	4	4	5	5	5	4
18	MBA	II SEM	2002310700024	Priyanshi Sharma	5	5	3	3	5	5
19	MBA	II SEM	2002310700025	Rahul Gupta	4	3	3	5	5	3
20	MBA	II SEM	2002310700026	Rahul Tyagi	4	5	5	4	4	5
21	MBA	II SEM	2002310700027	Rashi Tyagi	5	4	5	3	3	4
22	MBA	II SEM	2002310700044	Ujjawal Tyagi	4	3	3	4	4	3
23	MBA	II SEM	2002310700046	Vaishnavi Sharma	5	4	4	5	5	4
24	MBA	II SEM	2002310700047	Vipin Kashyap	5	5	3	4	4	5
25	MBA	II SEM	2002310700048	Vishnu Sharma	5	4	4	5	5	4

R.D. Engineering College
Dabra, Rajasthan



FEEDBACK FORM
SESSION (2019-2020)
WEBINAR ON YOGA

DATE : 20-06-2020

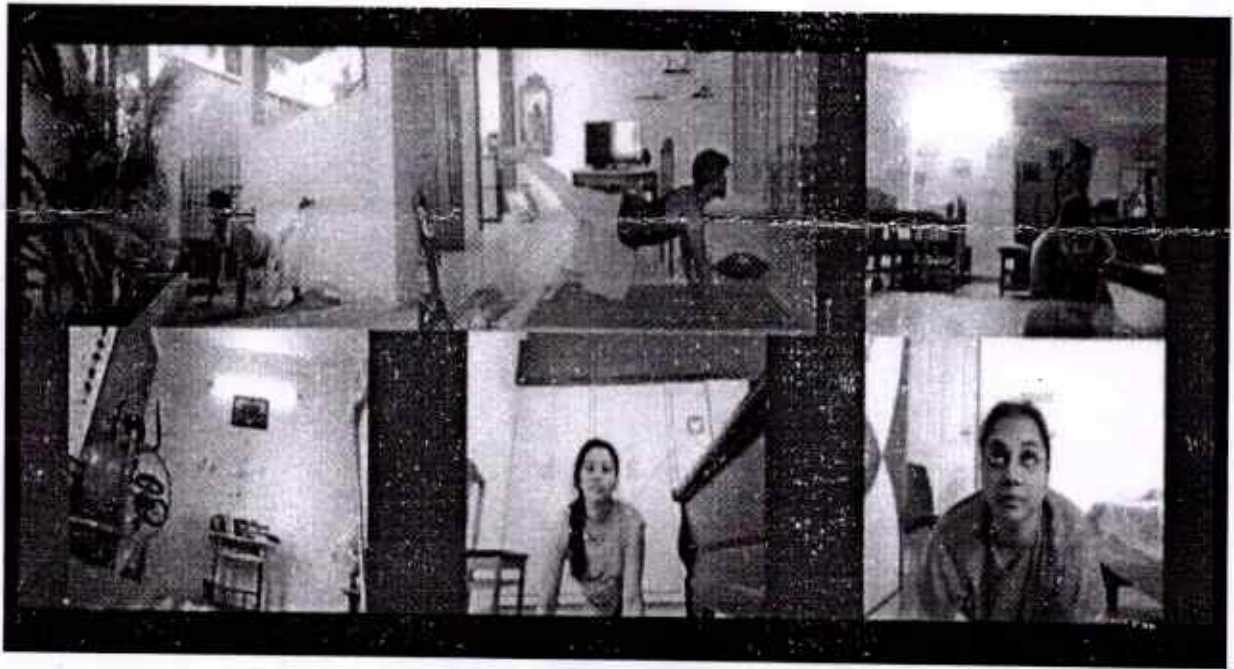
QUESTIONS FOR ONLINE FEEDBACK :

1. Webinar objectives were stated clearly and meet.
2. The Webinar was well organised.
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Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement.

SNO.	BRANCH	SEM	ROLL NO.	NAME	5 = Excellent 4 = Very good 3=Good 2=Average 1= Below Average						
					QUESTION NO.1	QUESTION NO.2	QUESTION NO.3	QUESTION NO.4	QUESTION NO.5	QUESTION NO.6	
1	MBA	IV SEM	1902310700001	Aakash Garg	3	4	4	4	4	5	3
2	MBA	IV SEM	1902310700002	Abhinav Chaudhary	5	5	5	5	4	4	5
3	MBA	IV SEM	1902310700003	Aarusha Saini	4	3	4	4	5	4	4
4	MBA	IV SEM	1902310700005	AKASH MATHUR	3	5	4	4	3	5	3
5	MBA	IV SEM	1902310700006	Akash Tyagi	4	3	5	3	3	3	4
6	MBA	IV SEM	1902310700021	KAJAL CHOUDHARY	5	5	3	3	3	5	5
7	MBA	IV SEM	1902310700022	KISHLAY KUMAR	5	4	5	4	4	4	5
8	MBA	IV SEM	1902310700024	KM SANGEETA CHAUHAN	5	3	4	4	5	3	5
9	MBA	IV SEM	1902310700025	LALITA DIWAKAR	4	4	3	3	4	4	4
10	MBA	IV SEM	1902310700026	MOHIT YADAV	5	5	4	4	4	5	5
11	MBA	IV SEM	1902310700028	MOSIN KHAN	3	5	5	5	5	5	3
12	MBA	IV SEM	1902310700029	NAVEEN KUMAR	5	5	4	3	3	5	5
13	MBA	IV SEM	1902310700030	NEELAM	4	4	5	4	4	4	4
14	MBA	IV SEM	1902310700031	NIKITA TYAGI	5	5	4	4	5	5	5
15	MBA	IV SEM	1902310700034	PRASHANT SHARMA	3	3	4	3	3	3	5
16	MBA	IV SEM	1902310700035	PRASHANT TYAGI	3	5	5	3	3	5	4
17	MBA	IV SEM	1902310700036	PRITI	4	4	4	4	4	4	4
18	MBA	IV SEM	1902310700038	PUNAMI NATH	5	5	3	5	5	5	5
19	MBA	IV SEM	1902310700039	RADHA FULERA	4	5	4	4	4	5	3
20	MBA	IV SEM	1902310700040	RAHUL KUMAR	4	5	5	4	4	4	5
21	MBA	IV SEM	1902310700041	RAMAN TYAGI	5	4	5	5	5	3	4
22	MBA	IV SEM	1902310700043	SACHIN MISHRA	4	3	5	4	4	4	3
23	MBA	IV SEM	1902310700044	SAGAR KUMAR	5	4	4	5	5	5	4
24	MBA	IV SEM	1902310700053	SONAM	5	5	3	5	5	4	5
25	MBA	IV SEM	1902310700054	SONIYA SINGH	5	4	4	5	5	4	4






Director
R.D. Engineering College
Duhai, Ghaziahad



RD ENGINEERING COLLEGE
NAAC CRITERIA –5.1.2

(Capacity building and skills Initiatives)

MCA Department

Session: 2019-2020

Topics: Yoga Session

Date: 20/06/2020



R. D. ENGINEERING COLLEGE

Approved by AICTE New Delhi & Affiliated to Dr. APJ Abdul Kalam Technical University, Lucknow

Ref.....

Date.....

Notice

This is hereby informed to all the students of MCA that R.D Engineering College is celebrating a **International Yoga Day** on 20th June 2020 at 7:00am. Interested students are requested to attend program and benefits from the same.

Faculty coordinator for above program is Mr. Sarthak Tyagi. Contact him for any further queries or difficulties.

Prof. Ashutosh Pradhan
(Head, MCA)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board

Department of MCA

Session 2019-2020

REPORT OF YOGA SESSION CONDUCTED FOR MCA STUDENTS

Topic: Yoga Session

Speaker-: Mr. Vivek Bhardwaj

Date: 20/06/2020

Time: 7:00 AM

Venue: Ground 2

Approximate 51 Students have benefited by Yoga Session.

Yoga is a holistic system of physical, mental, and spiritual practices that originated in ancient India. The word "yoga" is derived from the Sanskrit word "yuj," which means to unite or join, symbolizing the union of body and mind. Yoga has evolved over thousands of years and encompasses a wide range of practices, philosophies, and techniques.

1. **Asanas (Postures):** Yoga includes a variety of physical postures or asanas that are designed to enhance flexibility, strength, balance, and coordination. Each asana is typically associated with specific breathing techniques.
2. **Pranayama (Breath Control):** The practice of controlling the breath, known as pranayama, is an integral part of yoga. It involves various breathing exercises that aim to improve the flow of life force energy (prana) in the body.
3. **Meditation:** Meditation is a fundamental component of yoga, involving techniques to calm the mind, cultivate mindfulness, and achieve a state of inner peace. There are different meditation approaches within the yogic tradition.

It's important to note that yoga is not just a physical exercise but a holistic lifestyle that promotes harmony between the body, mind, and spirit. Individuals often find that incorporating yoga into their lives brings about a sense of balance, inner peace, and improved overall health.

Objective

- Physical Health
- Mental Well-being
- Emotional Balance
- Spiritual Growth
- Holistic Health

Future Outcomes

Predicting the future outcomes of yoga involves considering various factors such as ongoing research, societal trends, and the evolving nature of the practice. While it's challenging to make specific predictions, several potential future outcomes can be anticipated based on current trends and emerging developments

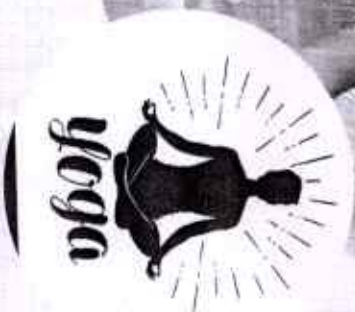
H.O.D MCA



EVENT COORDINATOR



R.D. ENGINEERING COLLEGE YOGA SESSION

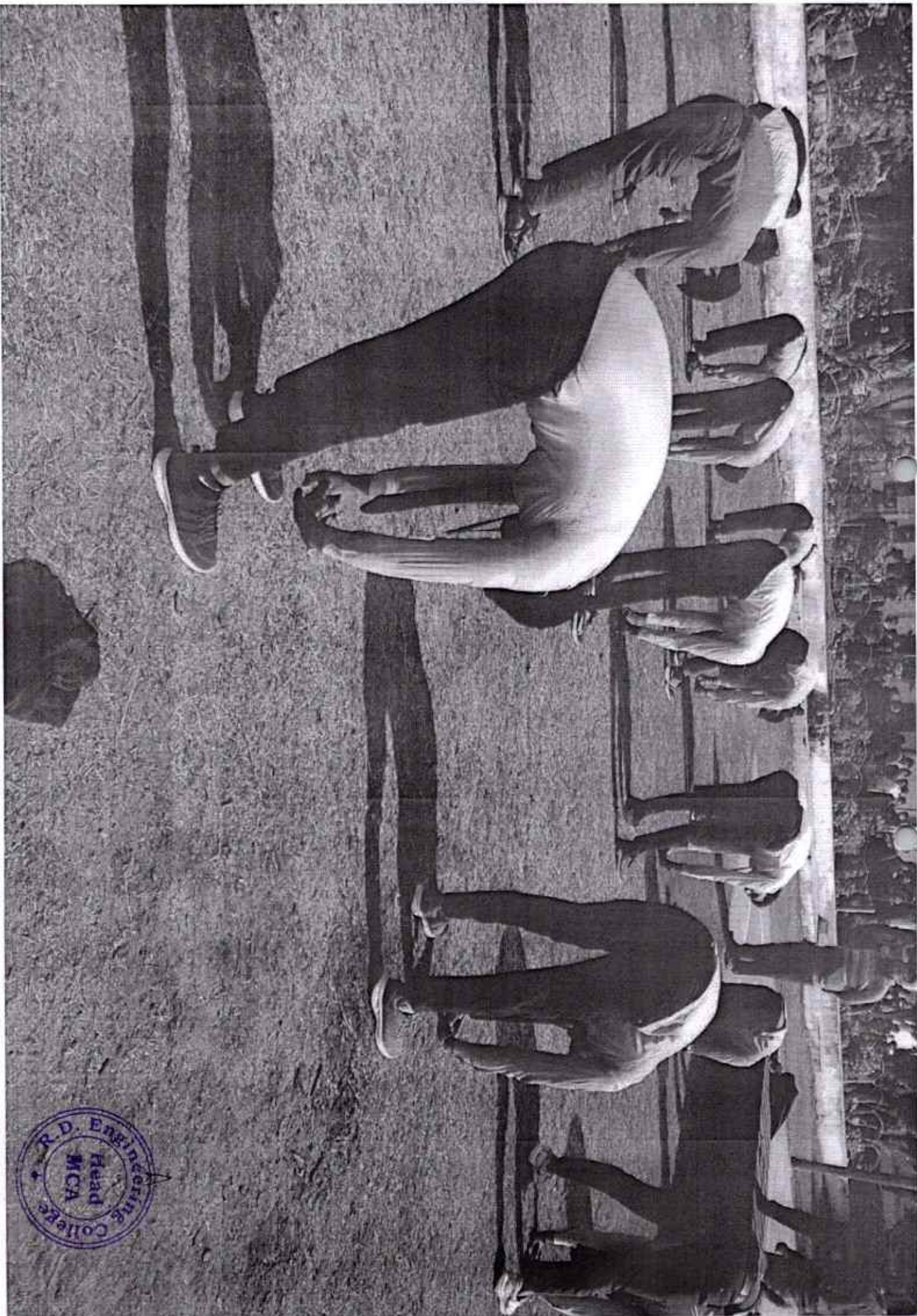


IMPORTANT INFORMATION ABOUT YOGA

IF YOU HAVE NEVER DONE YOGA,
YOUR MIND MAY BE FULL OF
QUESTIONS AND WORRIES.

PROGRAM DATE -20 JUNE 2020





R. D. ENGINEERING
Head
MCA
College

Vivek Bhardwaj

vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

Mr. Vivek Bhardwaj founder of well renowned yoga institute Morarji Desai National Institute of Yoga, one and only National institute all over India, located in Connaught Place, New Delhi.

He's a certified yoga instructor , he did two years of diploma course since 2006-2008.

His father was also a well renowned Yogacharya, Swami Dhirendra Bhramachandra.

Mr. Bhardwaj has taught yoga to some well renowned personalities like Justice B. Sudharshan Reddy, Rajnath Gupta Ji, chairman of Ramjas founder and many more.

He is even providing virtual sessions to all people around the world through his YouTube channel called Yog Jeevan by Vivek Bhardwaj.



Invitation for Seminar

3 messages

hodmca<hod_mca@rdec.in>

Wed, June 10, 2020 at 11:11 AM

To: "vivekbhardwajyogsaadhak@gmail.com" <vivekbhardwaj81>

Hello sir

I hope this message finds you well. As we navigate through our busy lives, it's essential to take a moment to reconnect with ourselves and find inner balance. With that in mind, I would like to invite you to a rejuvenating yoga session.

Our event aims to promote holistic well-being through yoga, and we believe that your expertise and insights would greatly contribute to the success of our program. Your unique perspective on Life Skills aligns perfectly with our goals, and we believe it will resonate well with our participants.

We will actively promote the event through our website, social media channels, and email newsletters. Your participation will be highlighted, giving you exposure to our diverse audience.

Hoping for your favorable response about the matter.

Thank you very much.

Vivek Bhardwaj <vivekbhardwajyogsaadhak@gmail.com>

Fri, June 12, 2020 at 4:49 PM

To: hodmca<hod_mca@rdec.in>

Dear Sir,

Thanks for your invitation.

I will be available for the seminar on June 20, 2020. Kindly manage accordingly.

Thanks and regards,

Vivek Bhardwaj

[Quoted text hidden]



ATTENDANCE OF MCA STUDENTS PARTICIPATED IN

Yoga session

ORGANISED BY R.D.ENGINEERING COLLEGE

UNDER THE AEGIS OF IQAC DATED: 20/06/20

SNo	ROLL NO.	NAME	YEAR	SIGNATURE
1	1902310149001	ABHISHEK GARG	2nd 4th sem	A
2	1902310149002	ABHISHEK KASHYAP	2nd 4th sem	A
3	1902310149003	ADITI DIXIT	2nd 4th sem	Aditi Dixit
4	1902310149004	ADITYA SHARMA	2nd 4th sem	Aditya
5	1902310149005	ADITYA KUMAR	2nd 4th	A
6	1902310149006	AFSAR ALI	2nd 4th	Afsar
7	1902310149007	AKARSH GAUD	2nd 4th	Akarsh
8	1902310149008	AKASH KUMAR	2nd 4th	Akash
9	1902310149009	AKSHIT SHARMA	2nd 4th sem	Akshit
10	1902310149010	AMAN KUMAR MISHRA	2nd 4th sem	Aman
11	1902310149011	ANKIT SHARMA	2nd 4th sem	Ankit
12	1902310149012	ARSHAD ALI	2nd 4th sem	Arshad
13	1902310149014	ASHU	2nd 4 sem	Ashu
14	1902310149015	CHETAN RAJPUT	2nd 4 sem	Chetan
15	1902310149016	DEEPAK	2nd 4th	Deepak
16	1902310149017	DEEPAK KUMAR JHA	2nd IV	Deepak Jha
17	1902310149018	DIGVIJAY	2nd IV sem	Digvijay
18	1902310149019	DIVYAM	2nd IV sem	Divyam
19	1902310149020	GAGANDEEP SINGH	II IV	Gagandeep
20	1902310149021	GEETA DHONI	II IV	Geeta
21	1902310149022	KM MAHIMA	II IV sem	Mahima
22	1902310149023	KM YASMEEN	II IV	Yasmeen
23	1902310149024	KM. INDRAMOHINI	II IV	Indra
24	1902310149025	KM. SWEETY TYAGI	2nd IV sem	Sweety Tyagi
25	1902310149026	MANISHA PANCHAL	2nd IV sem	Manisha Panchal
26	1902310149027	MANSI	II IV	Mansi
27	1902310149028	MAYANK KUMAR	II IV	Mayank
28	1902310149029	MAYANK TYAGI	II IV	Mayank
29	1902310149030	MOHD SALMAN	2nd IV sem	Mohd. Salman
30	1902310149031	MOHIT TYAGI	2nd IV sem	Mohit Tyagi
31	1902310149032	NADEEM AKHTAR	II IV	No
32	1902310149033	NEHAL TYAGI	II IV	Nehal
33	1902310149034	NISHANK TYAGI	II IV	Nishank
34	1902310149035	PARVINDER RAJPUT	2nd IV sem	Parvinder Rajput
35	1902310149037	PRAVEEN KUMAR DUBEY	2nd IV sem	Praveen Kumar Dubey
36	1902310149038	PRIYA TYAGI	II IV	Priya
37	1902310149039	RAJENDRA KUMAR	II IV	Rajendra
38	1902310149040	ROBIN SINGHAL	II IV	Robin

A



39	1902310149041	SAGAR GIRI	IIInd	IVsem	Sagar Giri
40	1902310149043	SATVINDER SINGH	IIInd	IVsem	Satvinder
41	1902310149045	SHIVAM SHARMA	II	IV	Shivam
42	1902310149046	SHORYA RANA	II	IV	Shorya
43	1902310149047	SHREYA GOEL	II	IV	Shreya Goel
44	1902310149048	SHWETA TYAGI	II	IV	Shweta
45	1902310149049	SOURABH VERMA	II	IV	Sourabh
46	1902310149050	SPARSH BHARDWAJ	II	IV	Sparsbh
47	1902310149051	SUNIL	II	IV	Sunil
48	1902310149052	SURAJ KUMAR	II	IV	Suraj
49	1902310149053	UJJAWAL TYAGI	II	IV	Ujjawal
50	1902310149054	UMASHANKAR SHARMA	II	IV	Umashankar
51	1902310149056	VIPUL SAGAR	II	IV	Vipul



Yoga session
ATTENDANCE OF MCA STUDENTS PARTICIPATED IN
ORGANISED BY R.D.ENGINEERING COLLEGE
UNDER THE AEGIS OF IQAC DATED: 20/06/20

SNo	ROLL NO.	NAME	YEAR	SIGNATURE
1	1823114901	ABUDAL KALAM	3 rd 6 th Sem	Abudal
2	1823114902	ANUJ CHANDELA	3 rd 6 th Sem	Anuj Chandela
3	1823114903	ANURADHA	3 rd 6 th Sem	Anuradha
4	1823114904	ARTI TYAGI	3 rd 6 th Sem	Arti
5	1823114906	DEEPAK	3 rd 6 th	Deepak
6	1823114907	DEEPAK SINGH	3 rd 6 th	Deepak
7	1823114908	DHEERAJ YADAV	III VI	Dheeraj
8	1823114909	HIMANSHU BHARDWAJ	VI VI Sem	Himanshu
9	1823114910	JYOTI RANI	VI VI Sem	Jyoti
10	1823114911	KAPIL KUMAR	VI VI	Kapil
11	1823114913	KM SAKSHI	VI VI	Sakshi
12	1823114914	KM SHIVANI TYAGI	VI VI	Mr. Shivani
13	1823114915	MEGHA GUPTA	VI VI	Megha
14	1823114916	MOHD ATIF	VI VI	Mohd
15	1823114917	MOHD AZAM KHAN	VI VI	Mohd
16	1823114919	NANDINI	VI VI	Nandini
17	1823114920	PIYUSH	VI VI	Piyush
18	1823114922	PRASHANT KUMAR	VI VI	Prashant
19	1823114923	PRASHANT VARSHANEY	VI VI	Prashant
20	1823114924	REKHA	VI VI	Rekha
21	1823114926	SWAPNIL GARG	VI VI	Swapnil
22	1823114927	SWEETY	VI VI	Sweety
23	1823114929	UJJWAL DHAMIJA	VI VI	Ujjwal
24	1823114930	VAISHALI	VI VI	Vaishali
25	1823114931	VEENAM	VI VI	Veenam



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Abhishek Garg 2) Roll No 1902310149001

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 20/06/20

1) Name Abhishek Kashyap

2) Roll No 1902310149002

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name ANITI DIXIT

2) Roll No 1902310149003

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Aditya Sharma

2) Roll No 1902210149009

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Aditya Kumar

2) Roll No 1902310149005

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd 4th sem

Date 20/06/20

1) Name Afsar Ali

2) Roll No 1902310149006
20/06/20

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		<input checked="" type="radio"/>		<input type="radio"/>



Feedback form

Yoga Exercise

Branch mca

Semester IV

Date 20/06/20

1) Name Akarsh Gaud

2) Roll No 1902310149007

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 20/06/20

1) Name Geeta Dhoni Akash Kumar 2) Roll No 1902310149008

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 20/06/20

1) Name Akshit Sharma

2) Roll No 1902310149009

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd 4th sem

Date 20/06/20

1) Name Aman Kumar Mishra

2) Roll No 1902310149010

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Ankit Sharma

2) Roll No 1902310149011

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Arshad Ali 2) Roll No 1902310149012

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 20/06/20

1) Name Aslu

2) Roll No 1902310149014

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester 4th sem Date 20/06/20

1) Name Chetan Rajput 2) Roll No 1902310149015

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA

Semester 4th

Date 20/06/20

1) Name Deepak

2) Roll No 1902310149016

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 20/06/20

1) Name Deepak Jha

2) Roll No 1902310149017

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		<input checked="" type="checkbox"/>		
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			

YES

NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Digvijay

2) Roll No 1902310149010

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 20/06/20

1) Name Divyam

2) Roll No 1902310149019

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 20/06/20

1) Name Gagandeep Singh 2) Roll No 1902310149020

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 20/06/20

1) Name Geeta Dhoni

2) Roll No 1902310149021

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/09/20

1) Name PM Mohina

2) Roll No 1902310149022

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA

Semester II IV

Date 20/06/20

1) Name KM YASMEEN

2) Roll No 19023/0149023

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		(YES)		NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Km. Indira Mohini 2) Roll No 1902310149024

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Sweety Tyagi

2) Roll No 1902310149025

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA

Semester IInd TV Sem

Date 20/06/20

1) Name Manisha Panchal

2) Roll No 1902310149026

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 20/06/20

1) Name Mansi

2) Roll No 1902310149027

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester IInd IVth Date 20/06/20
1) Name Mayank kumar 2) Roll No 1902310149028

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Nayank Tyagi 2) Roll No 2902310149029

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name MOHD SALHAN

2) Roll No 1902310149030

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester IInd Tusem Date 20/06/20

1) Name Mohit Tyagi

2) Roll No 1902310149051

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓	✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓	✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 20/06/20

1) Name Nadeem Akhtar

2) Roll No 1902310149032

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/08/20

1) Name Nehal Jyoti

2) Roll No 1902210149023

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Nishank Tyagi 2) Roll No 1902310149034

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Parvinder Rajput

2) Roll No 1902310149035

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA Semester IInd IV^{sem} Date 20/08/20
1) Name Praveen Kumar Dubey 2) Roll No 1902310149037

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Priya Tyagi 2) Roll No 1902310149030

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester IInd 4th Date 20/06/20
1) Name Rajendra Kumar 2) Roll No 1902310140029

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester II Date 20/06/20
1) Name Robin Singhal 2) Roll No 1902310/49040

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Sagar Giri

2) Roll No 190231014904

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester IInd IV Sem Date 20/06/20

1) Name Satinder Singh

2) Roll No 1902310149043

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		(YES)		NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Shivam Sharma 2) Roll No 1902310149046

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester 1st IVth Date 20/06/20

1) Name Shoxya Rana

2) Roll No 1902310149046

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA

Semester IInd IVth

Date 20/06/20

1) Name Shreya Gael

2) Roll No 1902310140047

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA

Semester IInd IV

Date 20/06/20

1) Name Shweta Tyagi

2) Roll No 1902316149048

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES)			NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Saurabh Verma

2) Roll No 1902310149049

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			



Feedback form

Yoga Exercise

Branch MCA Semester Vth Date 20/06/20
1) Name Sparsh Bhardwaj 2) Roll No 1902310149050

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA Semester II IV Date 20/06/20

1) Name Sonil

2) Roll No 1902310149051

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓	✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA Semester II IV Date 20/06/20

1) Name Suraj Kumar

2) Roll No 1902310149052

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES) NO			



Feedback form

Yoga Exercise

Branch MCA Semester II IV Date 20/06/20

1) Name Vijawal Tyagi

2) Roll No 1002310140053

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester II IV Date 20/06/20

1) Name V mathankar Sharma 2) Roll No 1902310149054

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO



Feedback form

Yoga Exercise

Branch MCA Semester II IV Date 20/06/20

1) Name Vipul Sagar

2) Roll No 1902310149056

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name Abudal Kalam 2) Roll No 1823114901
~~1902310140057~~

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20

1) Name Anuj Chaudela

2) Roll No 1823114902

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20
1) Name Anuradha 2) Roll No 1823114903

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20

1) Name Aarti Tyagi

2) Roll No 1823114904

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20

1) Name Deepak

2) Roll No 182314906

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester 6th Date 20/06/20

1) Name Deepak Singh 2) Roll No 1823114907

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20
1) Name Dheeraj Yadav 2) Roll No 1823114908

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20

1) Name Hiranchu Bhadraj 2) Roll No 182314909

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO



Feedback form

Yoga Exercise

Branch MCA Semester II IV Date 20/06/20

1) Name Jyoti rani

2) Roll No 1823114910

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20

1) Name Kapil Kumar

2) Roll No 1823114911

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 20/06/20
1) Name KM Sareshi 2) Roll No 1823114913

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester V I Date 20/06/20

1) Name K.M. Shivani Pyagi 2) Roll No 1822114914

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20

1) Name Megha Gupta 2) Roll No 1823114915

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES			<input type="radio"/> NO



Feedback form

Yoga Exercise

Branch MCA Semester II VI Date 20/06/20

1) Name Mohd atif

2) Roll No 1823114916

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch mca

Semester II VI

Date 20/06/20

1) Name Mohd azam Khan

2) Roll No 1822114017

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20
1) Name Nandini 2) Roll No 1823119919

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester VJ Date 20/06/20
1) Name Piyush 2) Roll No 1023114920

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20

1) Name Prashant Kumar 2) Roll No 1823114923

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES) NO			



Feedback form

Yoga Exercise

Branch MCA Semester VII Date 20/06/20

1) Name Prachant Vajchanay 2) Roll No 1823714923

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>



Feedback form

Yoga Exercise

Branch MCA

Semester VI

Date 20/06/20
1823114924

1) Name Rekha

2) Roll No 1823114924

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA Semester V Date 20/06/20

1) Name Swapnil Arag 2) Roll No 1823114927

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	



Feedback form

Yoga Exercise

Branch MCA

Semester II VI

Date 20/06/20

1) Name Sweety

2) Roll No 1823114927

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES			<input type="radio"/> NO



Feedback form

Yoga Exercise

Branch MCA Semester VI Date 20/06/20
1) Name UJWAL 2) Roll No 1823114929

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO



Feedback form

Yoga Exercise

Branch MCA

Semester VI

Date 18/06/20

1) Name Vaishali

2) Roll No 1823114930

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/> YES			<input type="checkbox"/> NO



Feedback form

Yoga Exercise

Branch MCA

Semester VI

Date 20/6/20

1) Name Veenam

2) Roll No 1823114931

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>

