

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:-2018-2019







Yoga Skills I message

Mr. Manu Kothiyal<sendittomanu@gmail.com>

To: vivekbhardwaj12@gmail.com

Saturday, 16th June, 2018 at 2:35 pm

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 on 16th June, 2018. 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

July 1





Yoga Skills I message

Mr. Vivek Bhardwajvivekbhardwaj12@gmail.com

To: <sendittomanu@gmail.com>

rdwaji 23@gmaii.com

Monday,18th June,2018 at 1:35 pm

Dear Sir/Madam,

Thank you for inviting me as a guest speaker in the Yoga session. 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, Mr. Vivek Bhardwaj









R.D. ENGINEERING COLLEGE

Approved by AICITENew Delhi&Affiliated toDr.APJAbdulkalam Technical University,lucknow 9thKM 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 inform that our college is organizing yoga session at 11:00 am in college campus.

DATE:- 21st, June, 2018

VENUE:- A Block 2ND Floor 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







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Email:info@rdec.in

Website:www.rdec.in

YOGA SESSION

GUEST SPEAKER

Mr. Vivek Bhardwaj

VENUE : A Block 2nd Floor, Seminar Hall

DATE: 21st June,2018

TIME :11.00 AM



"Yoga is a light, which once lit never dim."

Event coordinator Mr.Manu kothiyal Donal Ghaziabad





R.D ENGINEERING COLLEGE

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Email:info@rdec.in

Website:www.dec.in

Guest Profile

Mr. Vivek Bhardwaj is a dynamic profile having more than 40+ years of experience in the field of Yoga & Asana. He exposures & experience will be boom to the students.

He has catered more than 5000+ peoples till now. He is invited by top colleges and universities.





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ATTENDANCE OF STUDENTS PARTICIPATED IN POP Worthop ORGANISED BY

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 27/500 22 S. NO NAME OF STUDENT BRANCH YEAR SIGNATURE 1 Anwood Handey Katal yadav ivi Engineering 15+ Aruna 2 CIVIT engineen tho 120 3 Kyal Jaday ralit 151 CIVIE engineering Jalu 4 mahammad Tanzeen Civil 14 Englineering! Moha Tanzeen 5 Ratan Yoday 124 LIVI Endineering Redon Yadar 6 Sandeep Patel IVI 151 End incoming Ruman Abbinay Spatel 7 14 rivi Engineering Aphina cum Ram dayal Completer science 154 Ram Dayal 9 Rateev Sain ombten science 121 Huai 10 Adyush Saini omputer science 151 Abhisher soxeno 11 14 Completed science Ablusher 12 Aditi Saini Composter Science 44 Politi 13 roman fith Computer science H99+ 124 14 Aman Khazaw 1⁵¹ Computer Science Aman kha raw 15 Amon nawab 14 Computer science Aman nowab 16 Amon Singh Completer science 111 Flman Singh. 17 Amout Ruman Computer 124 science April tumor 18 Antali 124 Completen science Antall 19 Antali Singhal Compyer science 151 Angali Singhal 20 ANKIT KOUSHI'K Computer science 151 Ankit Laushik 21 ANKIA KUMON 932 ComPuter Science Completer Science Absort 22 Anshik 126 Aashik 23 Aniska yadav Compoter 1st Science Anslik Vaday 24 Anshy (omtoten science 24 Anster 25 Anut Compoter science 15+ Any 26 Anunag Chaudani 450 Computer Science Abraul 27 Anushed Tyagi a 151 Completion sierce Anushka Tragi 28 AUTUN DEV ROTON Composer science 151 Arjun Dey 29 ASKU dhanker 212 computer science Ashubhanber 30 AShumphowen Diver Comploter science 20 Absent 31 atul Bitluan 151 ompoter science Aful_ 32 Ayush Kuman (Amonish) (amp Vuten science 154 Att scul 33 Ayush Kuman antuten 134 science Ayush kumon 34 Adush Shanno Computer science 232 Ayush Shorms 35 Branu Priatal Compression 124 SCIEDCE Khami Pratab 36 Brayga mistal 151 COMMITTED science Rhosyo mitta 37 beefork choudany compoter science 231 Deepax choudshay 38 Deebak Kowas Computer 781 science Deepak Deeranshy 39 131 Computer Science Deebanshy 40 Grungun Tyagi Computer science 154 Alexant 41 Harsh sharing ampoter science 151 HaschSheomy 42 HOUSHA Computer science 12 Absent 43 Harshit chowhan Corprotor 1ST Science Absent 44 Harsh Kuman Completer science 1 54 Horsh bumos 45 Harshit Jain Science Science Composer 151 Horschit Sain Himanshi Dhako 46 Completer 154 + lemoster 47 Ishika 151 Company Stience Ichika lyan 48 Ishika Tungi Complited science 151 Jehijca 49 Jatin Rang 9 St John Ranchah Sharima Compliant source 15+ Kimelian

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Feedback form of Yoga Session

Branch Information tech Ser	nester 1 N -	Date 21 June 22
1) Name Hemant gupta	2) Roll No 2 2 0	2310130017

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	Answers
Workshop/ Seminar objectives were stated 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 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 workshop.	(5) 4 3 2 1

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Director College

Duha: Ghaziahad

Feedback form of Yoga Session

Branch unformation tensem	ester 1	*	Date 21	June 22
1)Name_Dechax	2) Roll No			

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

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6. Overall, I am satisfied with this workshop.	5 4 3 2 1



R. D. Engineering College Duhai, Ghaziabad



Feedback form of Yoga Session

Branch Computer Sciller Sen	nester 1	*	Date 21	June 22
1)Name ANSHIK	2) Roll No	220		actual and a second second

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

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6. Overall, I am satisfied with this workshop.	6 4 3 2 1





Department of Applied Science & Humanities Session 2018-19

Report of Workshop conducted for B.Tech first year Students

Topic:- Yoga Session

Speaker: - Mr. Vivek Bhardwaj

Date: - 21st June, 2018

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:-

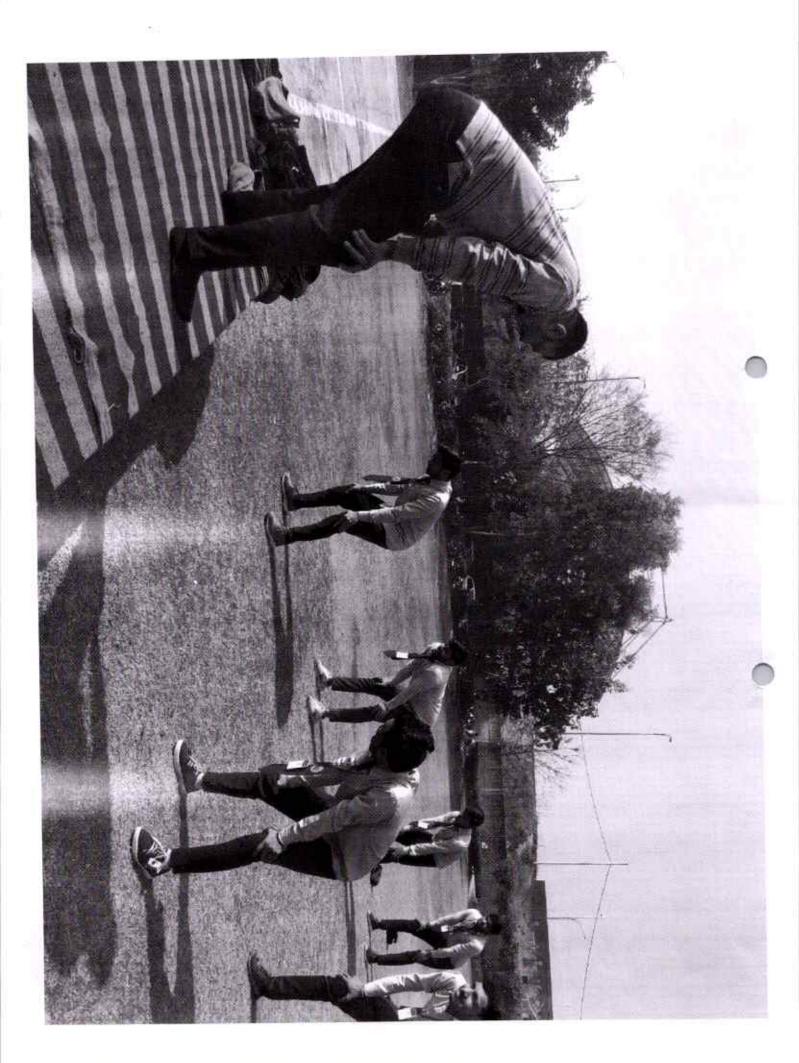
- It helps an individual to fight with common life style diseases.
- It can be helpful in Back pain, Arthritis and other common problem.

HOD A S&H

EVENT COORDINATOR







RD ENGINEERING COLLEGE

Session- 2018-2019

Program

LIFE SKILL

Topics

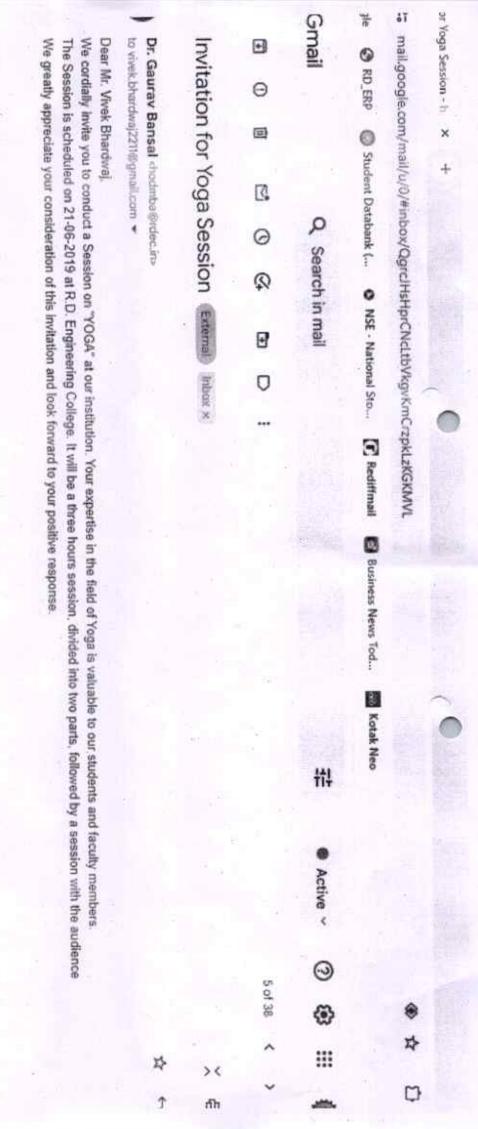
YOGA SESSION

Date

17/11/2018



Director R.D. Engineering College Duhai, Ghaziabad



Best regards,

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



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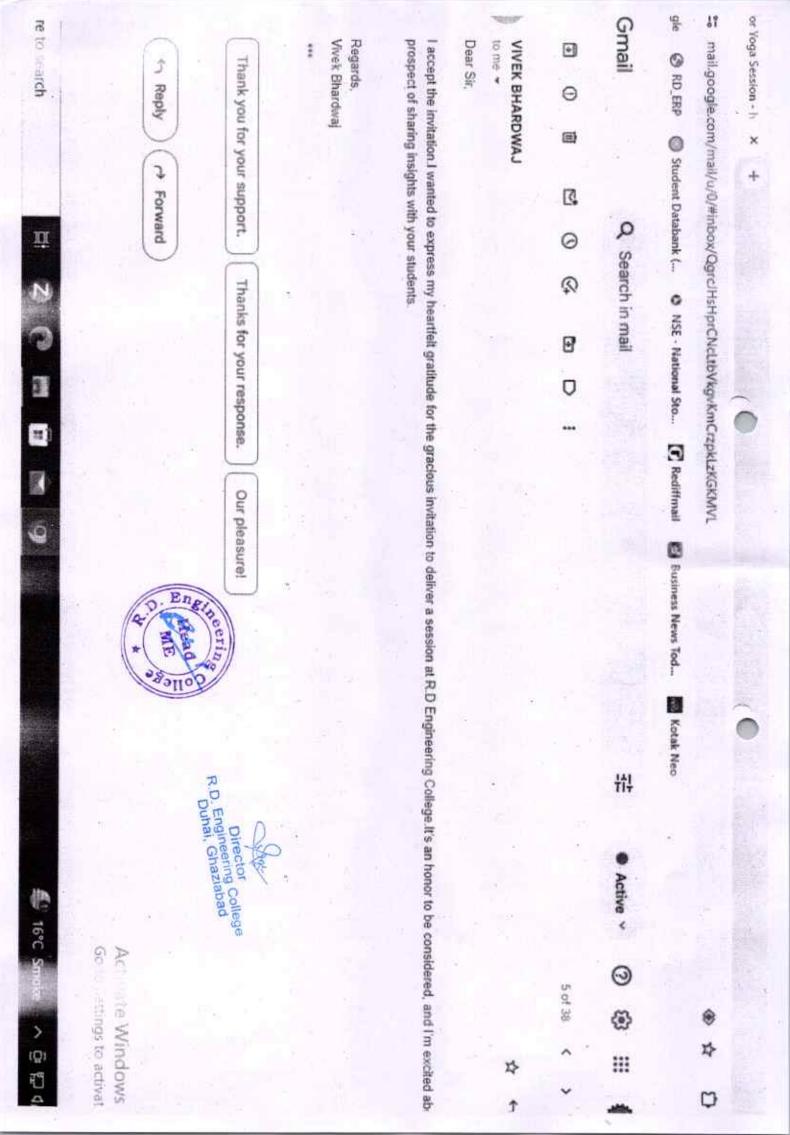
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R.D. ENGINEERING COLLEGE

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

Lucknow

Under the aegis of IQAC

v. 6	Date-19/06/2019
Ref	Date-19/00/2019

Notice

This is hereby informed to all the students of ME that a one day student session on YOGA will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on 21/06/2019 at 10:00 am in A block seminar hall.

Faculty coordinator for above program is Mr. Chirag Sharma. Contact him for any further queries or difficulties.

Prof. SANJAY PALIWAL

(Head & Professor, ME Dept.)

CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board



VIVEK BHARDWAI

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.
- To disseminate yoga in its real form.

ACADEMICS

B.Sc. (Zoology Hones)

PROFESSIONAL QUALIFICATIONS

- Diploma in pharmacy(two years) PUSA Polytechnic
- 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

- Yoga instructor and health consultant in Anandateet Yog Sadhna Kendra, Gandhi Nagar.
- Writing a book on Yogasanas.
- 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.
- Articles published in SCERT magazine.
- 6. Conducted yoga classes in Swami Vivekanand yog samsthan (SVYASA), Bangluru, Morc 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

R.D. Engineering College Duhai, Ghaziabad



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: 10:00am

DATE:21/06/2019



		RD ENGINEERING COLLEGE	
		YOGA SESSION	
		MECHANICAL II YEAR (2018-2019)	
5 110		DATE :21/06/2019	
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DEPARTMENT OF ME

Session 2018-19

Report on LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

SPEAKER: Mr. Vivek Bhardwaj

DATE: 17/11/2018

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 hervous system.
- Yoga may work by integrating top-down and bottom-up processes creating bidirectional pathways between brain and body.

EVENT COORDINATOR

(SIGNATURE)

YOGA SESSION

	0.01	te <u>Q 06 2019</u> #2314000 point rating scale to th statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
	Questions	Answer's	ì
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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	



5.

Director

R.D. Engineering College
Duhai, Ghaziabad

YOGA SESSION

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Director R.D. Engineering College Duhai, Ghaziabad

YOGA SESSION

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6.	Overall, I am satisfied with this session.	5	4	3	2	1





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	1) Name Abhishek 2) Roll No 13		400	04			
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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	





YOGA SESSION

1) Name Ashish Sharma 2) Roll No	Date 21/06/2019 1723140009
Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	5 point rating scale to
5= Excellent 4= Very good 3=Good 2=Average	? 1= Below Average
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6. Overall, I am satisfied with this session.	5 4 3 2 1



Director College
Duhai, Ghaziabad

YOGA SESSION

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Director R.D. Engineering College Duhai, Ghaziahad

Semester_

1) Name Bunil Sahan

YOGA SESSION

	1) Name Bunil Sahani 2) Roll No	1723140012
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	5 point rating scale to each statement. Please
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6.	Overall, I am satisfied with this session.	5 4 3 2 1





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1) Name Dospak 2) Roll No 17 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
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Director College R.D. Engineering College Duhai, Ghazlabad

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	1) 11 12 12	Date <u>2106 2019</u> 1723140014 5 point rating scale to each statement. Please
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	Questions	Answer's
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6.	Overall, I am satisfied with this session.	5 4 3 2 1



YOGA SESSION

	1) Name Gaura Sain 2) Roll No 17 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point i					
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verag	е		
	Questions		An	swer's	5		
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	33	2	1	
5.	Overall, I am satisfied with this session.	(5)	4	3	2	1	



Director R.D. Engineering College Duhal, Ghaziahad

YOGA SESSION

	Branch ME Semester 3 Da 1) Name Jatin Kumar 2) Roll No 17 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	2314C	tina scale	to	
	5= Excellent 4= Very good 3=Good 2=Average	1= Belo	w Averag	е	
	Questions		Answer'	s	
1.	Workshop / Session objectives were stated clearly and meet.	5 (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 (3	2	1
6.	Overall, I am satisfied with this session.	5	4 3	2	1





YOGA SESSION

The section of the se	te <u>21 06 2019</u> 23140012 point rating scale to the statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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





YOGA SESSION

	1/ / 1/	2314062019 23140624
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to
	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

5.

6.





YOGA SESSION

	Branch ME Semester 3rd Da	te_21/06/2019
	1) Name	173140028
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
	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



R.D. Engineering College Duhai, Ghaziabad

YOGA SESSION

	N. Wash III	te2106 2019 23140029 point rating scale to th statement. Please	
	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 College Duhai, Ghaziabad

YOGA SESSION

	1) Name Nishant 2) Roll No 17 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each	te 21/06/2019 23 140030 point rating scale to
	circle the number that applies 5= Excellent	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



YOGA SESSION

		1201-1 V	Date <u>2106/2019</u> 1723140031 5 point rating scale to each statement. Please				
		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				
6 }	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				



YOGA SESSION

1.0.0 1.0	te <u>2106 2019</u> 723140032 point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
The session increased my knowledge and skills.	5 4 3 2 1
 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 College
Duhai, Ghaziabad

YOGA SESSION

	1) Name Rohul Singh 2) Roll No 1723 140035 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				



YOGA SESSION

	0.00	23 06 2019 23 40036 point rating scale to th statement. Please 1= Below Average	
_	Questions	Answer's	
	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	
	 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	

YOGA SESSION

1) Name Shivari 2) Roll No 1723140036							
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point i ch state	rating emer	scale it. Plea	to			
5= Excellent 4= Very good 3=Good 2=Average	1= Be	low	Averag	е			
Questions		A	nswer'	s -			
 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		
 The information and/or skill presented were relevant and useful. 	5	4	3	2	1		
1. The session increased my knowledge and skills.	5	4	3	2	1		
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	(5)	4	3	2	1		
5. Overall, I am satisfied with this session.	5	4	3	2	1		



YOGA SESSION

	point rating scale to ch statement. Please 1= Below Average
Questions	Answer's
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
 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



R.D. Engineering College Duhai, Ghaziahad

YOGA SESSION

	0 01 6/	te <u>21/06/2019</u> 123140040	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
	Questions	Answer's	Ī
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.	6 4 3 2 1	



YOGA SESSION

ñ	Branch Semester 3 d Da 1) Name Sunai 2) Roll No 17 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	point of state	100 rating	a scale	to	
	Questions		Α	nswer'	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





Semester_

YOGA SESSION

1) Name Shivar Sharma 2) Roll No 18	23140903
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eac circle the number that applies	point rating scale to th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
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



YOGA SESSION

2 5-1	Branch	point rating scale to	
	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	77
6.	Overall, I am satisfied with this session.	5 4 3 2 1	



		RD ENGINEERING COLLEG	IE.
		YOGA SESSION	
_	IVI	ECHANICAL III YEAR (2018-20	19)
S NO.	ROLL NO.	DATE :21/06/2019	
J NO.		STUDENT'S NAME AAKASH KUMAR SHARMA	SIGNATURE
2	1023140004	18 Charles of the Control of the Con	Aarpaign
3	1023140000	ABHISHEK RAI	AB
4	1623140007		(Abr.)
5		ABHISHEK SINGH	Blocker
6		ABHISHEK TRIPATHI	Abhindes
7	A CONTRACTOR DE PROPERTIES	ABHISHEK KUMAR SHARMA	(Aloha)
8	1623140011	ABHISHEK PAL	AB
100	101011	ADITYA KUMAR	(Adda)
9	1623140013		AB
10	1623140015		Altrin -
11		AKASH SHARMA	Allash
12	1023140017	AKASH SINGH	Akou
13	1623140018		AR
14	1623140019		May
15	1623140020	AMUL TYAGI	Angel
16	1623140021	ANIKET SHARMA	No. 14
. 17	1623140022	ANKAJ KUMAR SINGH	Marco.
18	1623140025	ANKIT SINGH /	Dinkaj
19		ANKIT KUMAR SINGH	And
20	The second secon	ANKUR JAYANT	(Alakist
21	1023170027	ANKUR KUMAR	Antyour
22	1023140020	ASHISH TOMAR	PARKUS
23	TOTOT-10030	ASHUTOSH TRIPATHI	Homuce
24	- PURE CONTRACTOR	ASHWANI KUMAR	ARMITORA
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34	1623140044 G		Cu
35	1623140045 G		AB
36	1623140046 G		Curs
37	1623140047 H	EMANT KUMAR	Minon
38		IMANSHU KUMAR SHARMA	Funa
39	1623140049 IF		Grahant
40	1623140050		Jana
41	1623140051 Ji		Without
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43	1623140055 K	AVITA DIVEDI	10,10
44	1623140059 M	AHAVIR, SINGH ARYA	CMM)
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46	1623140062 M		No.



:47	1623140066	NITISH KUMAR	Ne
48	1623140067	PANKAJ JANOTI	Paycont &
49	1623140068	PARIJAAT SHARMA	laviladet floure
50	1623140070	PRASHANT SHARMA	1900
51	1623140071	PRAVEEN KUMAR SINGH	Charles St. 1
52	1623140072	PRAVESH KUMAR	The state of the s
53	1623140073	RAHUL SINGH	Tour I'm rumai.
54	1623140074	RAJ KUMAR	
55		RISHABH PANWAR	E ST
56	1623140077	ROHAN SINGH	an.
57	1623140078	ROHIT KUMAR	(2)00 31 1
58	1623140079		(Klenit Rumber -
59	1623140081	O A V THE	European Key
60	1623140082		3000
61	1623140083	SATYAM CHAURSIA	Sami.
62	1623140084	SHAJLESH KUMAR JHA	a lan
63		SHEKHAR KUMAR	Selvick -
64		SHIVAM SHARMA	Sekhau
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66		SHUBHAM BAGEDYAN	Sangua h Jacum
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68	1623140091	5, 4, 5 Hz 203	arunnar.
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77		VISHAL NATH TIWARI	way
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85		DHANANJAY PRATAP BIND	000
86	1723140904		sharoyoy pino.



YOGA SESSION

	2) Roll No	62-314 0004	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	point rating scale to ch statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
_	Questions	Answer's	
0.00	 Workshop / Session objectives were stated clearly and meet. 	5 3 2 1	
	2. The workshop / Session was well organised.	5 A 3 2 1	
	 The information and/or skill presented were relevant and useful. 	5 4 t ³ 2 1	
3	4. The session increased my knowledge and skills.	5 4/ 3 2 1	
	 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4/3 2 1	
20	6. Overall, I am satisfied with this session.	5 4/ 3 2 1	





YOGA SESSION

Semester_

	1) Name Abbishek Ray 2) Roll No 1623/40007								
	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 / 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 / 3 2 1							



YOGA SESSION

2) Roll No 16 LS 19 000 9					
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please			
	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 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 / 3 2 1			
5.	Overall, I am satisfied with this session.	8 4 3 2 1			



YOGA SESSION

	1) Name Abhishek Geman Showma 2) Roll No 1		
	Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with eac circle the number that applies	point rating scale to h statement. Please	
	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	72
6.	Overall, I am satisfied with this session.	5 /4 3 2 1	



Director College
R.D. Engineering College
Duhal, Ghazlabad

Semester_

YOGA SESSION

1) Name Aditya Koman Please respond to the following States indicate the extent to which you agree circle the number that applies	623 point i ch stat	to				
5= Excellent 4= Very good 3=	Good 2=Average	1= B	elow A	verag	₇ e	
Questions			An	swer	's	
 Workshop / Session objectives were s meet. 	tated clearly and	5	x	3	2	1
2. The workshop / Session was well organ	nised.	5	4	3	2	1
 The information and/or skill presented useful. 	were relevant and	5	4	3	2	1
4. The session increased my knowledge a	nd skills.	5	4	3	2	1
 The presenter(s) provided adequate ti answer them satisfactorily. 	me for question and	5	K	3	2	1
6. Overall, I am satisfied with this session	*	5/	4	3	2	1



YOGA SESSION

	Branch ME Semester 5th Da 1) Name Akash Gamax 2) Roll No	te_21				
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point re	atina	scale	to	
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	Averag	ge.	
	Questions		A	nswer	'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.	25	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	7	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



Semester_

YOGA SESSION

2) Roll No 1623

		ch statement. Please							
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verag	e	
		Questions				An	swer'	S	
1.	Workshop / Se meet.	ession objectives w	ere stated (clearly and	5	4	3	2	1
2.	The workshop /	' Session was well o	organised.		5	s.	3	2	1
3.	The information useful.	n and/or skill prese	ented were	relevant and	5	4	3/	2	1
4.	The session incr	reased my knowled	dge and skil	ls.	5	4	3	2	1
5.	The presenter(s	s) provided adequa atisfactorily.	ate time for	question and	5	4	3	2	1
6.	Overall, I am sat	tisfied with this ses	ssion.		5	4	3	2	1
			ēč				0		



Director Coilege R.D. Engineering Coilege Duhal, Ghaziabad

YOGA SESSION

	Branch ME Semester 5th Date 21/06/19 1) Name Aman 2) Roll No 16231 40019								
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please							
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average							
	Questions	Answer's							
į.,	Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1							
).	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							
	The session increased my knowledge and skills.	5 4 3 2 1							
j.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3/2 1							
ò.	Overall, I am satisfied with this session.	5 9 3 2 1							



YOGA SESSION

Semester__

	1) Name 2) Roll No	62314
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	point rating scale to ch statement. Please
	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 College
R.D. Engineering Chaz abad

YOGA SESSION

	Branch ME Semester 5th Date 21 06 2019 1) Name Anxit Singh 2) Roll No 16231 40025 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 circle the number that applies	point ch stai	rating scale tement. Ple	e to ase	P			
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow Avera	ge				
	Questions		Answei	r ' 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	<u></u> 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			



YOGA SESSION

	A	e 21 106 2019 6231 4 6627 point rating scale to h statement. Please
	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
	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
ò.	Overall, I am satisfied with this session.	5 4/3 2 1



YOGA SESSION

2) Roll No 162

R.D. Engineering College Duhai, Ghaziabad

Semester_

	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= B	elow Ave	erage	?	
		Questions				Ansı	wer's		
1.	Workshop / Ses meet.	ssion objectives w	ere stated o	learly and	5	مق	3	2	1
2.	The workshop /	Session was well o	organised.		5	4 .	3/	2	1
3.	The information useful.	and/or skill prese	nted were i	relevant and	5	4	3	2	1
4.	The session incre	eased my knowled	lge and skil	s.	5	4	3/	2	1
5.	The presenter(s) provided adequatisfactorily.	ite time for	question and	5	٧.	3	2	1
6.	Overall, I am sat	isfied with this ses	sion.		5	4	3	2	1

YOGA SESSION

2) Roll No

Semester

1) Name Ashwan

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



Semester

YOGA SESSION

1) Name Avinosh Suman 2) Roll No 1623 140035				
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	he 5 point rating scale to h each statement. Please		
	5= Excellent 4= Very good 3=Good 2=Avera	ge 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 as 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 answer them satisfactorily.	and 5 4 3 2 1		
6.	Overall, I am satisfied with this session.	5 4 3 2 1		



Semester_

1) Name

YOGA SESSION

2) Roll No

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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
0 32	



YOGA SESSION

	2) Roll No 16 23 900 90				
	Please respond to the following Statements by using indicate the extent to which you agree or disagree we circle the number that applies	the 5 point rating scale to with each statement. Please			
	5= Excellent 4= Very good 3=Good 2=Ave	rage 1= Below Average			
	Questions	Answer's	_		
1.	. Workshop / Session objectives were stated clearly a meet.	nd 5 4 3 2 1			
2.	. The workshop / Session was well organised.	5 / 3 2 1			
3.	. The information and/or skill presented were relevant useful.	and 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 answer them satisfactorily.	on and 5 4 3 2 1			
6.	. Overall, I am satisfied with this session.	5 4 3 2 1			



Semester_

1) Name Gouran Muzze

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	. Answer's
 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
 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





YOGA SESSION

	,	1623140044
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point ratina scale to
	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





YOGA SESSION

	1) Name Gyanush Shivam 2) Roll No		314			
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point	scale	to		
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow A	verag	е	
	Questions		Ar	swer'	S	
1.	Workshop / Session objectives were stated clearly and meet.	5	3	3	2	1
2.	The workshop / Session was well organised.	5	N.	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	K	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	P	3	2	1
6.	Overall, I am satisfied with this session.	8	4	3	2	1

5



YOGA SESSION

	1) Name Mimonshy Kumov Sharmer) Roll No Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point i) Mt	scale	to	
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verag	e	
	Questions		Ar	swer'	s	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	31	2	1
2.	The workshop / Session was well organised.	5	V	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	X	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.	8	4	3	2	1



YOGA SESSION

2) Roll No_

	Please respond to the following Statements by using to indicate the extent to which you agree or disagree with circle the number that applies	he 5 point rating scale to h each statement. Please
	5= Excellent 4= Very good 3=Good 2=Avera	ige 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 a useful.	nd 5 A 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 answer them satisfactorily.	and 5 4 3 2 1
6	. Overall, I am satisfied with this session.	(5 4 3 2 1



YOGA SESSION

	1) Name total 2) Roll No	62	-	13	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point ch sta	rating scale tement. Plea	to ase	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	eļow Averag	je	
	Questions		Answer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	₹ 3	2	1
2.	The workshop / Session was well organised.	5	A 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



YOGA SESSION

	Branch Semester Sty Day 1) Name Mahaviv Singh War 1 2) Roll No 1 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to	
	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	
		1 2	



6. Overall, I am satisfied with this session.

YOGA SESSION

Branch	ME	Semester	5th	Date_	21	06	201	9
1) Name	Mukul	pal	2) Roll N	. [6	23	14	006	2

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		Ans	wer's		
Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2. The workshop / Session was well organised.	5	A	3	2	1
 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
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	_ 4	3	2	
6. Overall, I am satisfied with this session.	5	4	3	2	



YOGA SESSION

	1) Name Pankaj Jaroti 2) Roll No 10 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	te_2[66/2019 62314006 } point rating scale to th statement. Please
	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 College R.D. Engineering Chazlabad

Semester_

YOGA SESSION

		indicate the extent to which you agree or disagree with excircle the number that applies	5 point i ach stat	rating emei	g scale nt. Plea	to	
		5= Excellent 4= Very good 3=Good 2=Average	1= Be	elow	Averag	е	
		Questions		. A	nswer'	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.	3	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

2) Roll No 16 23 1400 7 3

YOGA SESSION

2) Roll No 1623

Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	noint rating scale to h statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
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
The information and/or skill presented were relevant and useful.	5 4 3 2 1
The session increased my knowledge and skills.	5 4 3 2 1
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

YOGA SESSION

(1)	te_21/06/2019 623/40077 point rating scale to th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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



YOGA SESSION

2) Roll No 1623 1400 8

Semester_

1) Name

Please respond to the following Statements by using indicate the extent to which you agree or disagree circle the number that applies	ng the 5 point rating scale to with each statement. Please
5= Excellent 4= Very good 3=Good 2=Av	verage 1= Below Average
Questions	Answer's
 Workshop / Session objectives were stated clearly meet. 	and 5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
The information and/or skill presented were relevant useful.	nt and 5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
 The presenter(s) provided adequate time for quest answer them satisfactorily. 	ion and 5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



YOGA SESSION

Semester_

Branch

1) Name 2) Roll No	523/4009/
Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with eac circle the number that applies	point rating scale to th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
 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



Semester_

YOGA SESSION

	1) Name Swray 2) Roll No 16	23140095	
0	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	point rating scale to th statement. Please 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	
			_



YOGA SESSION

1 65	1.41.6	te_2 06 2019 23 40097 point rating scale to ch statement. Please 1= Below Average	
	Questions	Answer's	
	 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	
	 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	
	e in the second of the second		



YOGA SESSION

1.01	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
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
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
 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



YOGA SESSION

Semester_

	5= Excellent 4= Very good 3=Good 2=Average	1= Be	eļow A	lverage	2	
	Questions		. Ar	iswer's	5	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	
2.	The workshop / Session was well organised.	(5)	4	3	2	9
3.	The information and/or skill presented were relevant and useful.	5	4	(3)	2	
4.	The session increased my knowledge and skills.	5	0	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	(5)	4	3	2	



YOGA SESSION

	1) Name Zaid Saifi 2) Roll No 1623140107							
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please						
	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						



YOGA SESSION

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



RD ENGINEERING COLLEGE YOGA SESSION MECHANICAL IV YEAR (2018-2019) DATE: 21/06/2019 S NO. ROLL NO. STUDENT'S NAME SIGNATURE 1 . 1523100019 GAURAV KUMAR SINGH Center 2 AAKASH TYAGI 1523140001 ADITYA GUPTA 3) 1523140004 ditter. 4 AJAY KUMAR 1523140005 Ajory 5 . AKASH DEEP 1523140006 Alrash AKSHIT 1523140007 A Kehit AKSHIT TYAGI 7 . 1523140008 8 ALI ABBAS 1523140009 AMAN VERMA 9 . 1523140010 Amen AMIT KUMAR 10 1523140011 Amit ANAND KUMAR 11 . 1523140012 Smondker 12 ANKIT 1523140013 13 ANKIT YADAV 1523140014 Ame aday 14 # ANUP KUMAR 1523140016 Antisp ANURAG SINGH 15 1523140017 Turkve ARUN KUMAR 16 1523140018 ASHISH GOEL 1523140019 17 . **ASHWANI** 18 1523140021 Achwani 1523140022 ASHWANI 19 . Ashuria. 20 . ASHWANI KUMAR 1523140023 Marshall: 21 3 ATUL KUMAR SHARMA 1523140024 DEEPAK 22 1523140026 FIR DEEPAK SAINI 23 1523140027 celbit DEEPAK TYAGI Deepak. 24 1523140028 DHARMENDRA KUMAR 25 1523140029 showmendy DURVESH SHARMA 26 1523140031 AR FIROZ KHAN 27 1523140033 FINE. GAGANDEEP 1523140034 1020males GAURAV GOEL 29 . 1523140036 iarre GAURAV SHARMA 30 1523140038 FIR GAURAV SINGH 31 1523140039 Lawren GAURAV TYAGI 32 1523140040 Courses. GOVIND KUMAR 33 . 1523140041 HARIOM 34 1523140043 mary HIMANSHU BHARDWAJ 35 . 1523140046 Himas. HITESH SHARMA 36 1523140047 MR X mucepul KALPIT DUBEY 37 1523140048 KAMALKANT SHARMA cornal cant 38 1523140049 of courses KAMESH KUMAR 39 1523140050 KAPIL KUMAR 40 1523140051 KAUSHAL PAL ocurs 1-41 1523140052



R.D. Engineering College Duhai, Ghaziakan

42 .	1523140054	KRISHAN KUMAR	decilary
43	1523140055	KSHITIZ CHAUDHARY	hote II
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54 .	1523140072	PAWAN KUMAR	() Als
55	1523140072	PIYUSH MALHOTRA	Somer
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59	1523140077	PRIYAM SHARMA	078
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nosa	1523140080	RAJEEV SINGH	PB
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67	1523140089	SACHIN KUMAR	
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69	1523140096	SATISH KUMAR SINGH	Saheh
70 .	1523140097	SAURABH VERMA	South
71	1523140098	SAURABH KUMAR YADAV	AB.
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73	1523140100	MOHD SHAYAN SAIFI	Mol Sayan
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75	1523140102	SHIVAM KUMAR	AB
76	1523140104	SHIVAM SINGH	Shire
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79	1523140108	SHUBHAM TIWARI	Shiphan.
80 .	1523140109	SHUBHAM UPADHYAY	could
81	1523140110	SIDDHARTH KARDAM	2:ddfaret.
82 .	1523140113	SUMIT RAI	Sincy
83	1523140114	SUNIL	FIR
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85	1523140117	SURYAMANI KUMAR	July amount
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87	1523140119	TAPAN PRATAP SINGH	AB

Director College R.D. Engineering Duhai, Ghaziabad

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92	1523140125	UMESH SINGH	Unida.
93 •	1523140126	VAIBHAV TYAGI	AB
94	1523140128	VASU KUMAR	Vous Keinger.
95 •	1523140129	VIJAY KUMAR	Villat June
96	1523140130	VIKAS KORI	VII Kno V Dell
97 •	1523140131	VIKAS KUMAR	Vite Vite
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99 •	1523140134	VIKRANT	viker
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03 🔞	1523140138	VIVEK KUMAR	VIVA 4
04	1523140139	YOGENDRA KUMAR SAINI	NB.
05 .	1523140140	YOGENDRA SINGH	AR . O
06	1523140141	VINIT KUMAR PANDEY	Vint Torday
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10	1623140905	ROHIT KUMAR	(p) of t
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Director College R.D. Engineering College Duhal, Ghazlabad

YOGA SESSION

2) Roll No 1523140065

Semester_

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



YOGA SESSION

2) Roll No 1523140069

Semester_

1) Name NEVINCY Kymar

Please respond to the following Statements by using the indicate the extent to which you agree or disagree with e circle the number that applies	5 point rating scale to ach statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 The presenter(s) provided adequate time for question an answer them satisfactorily. 	5 (4) 3 2 :
6. Overall, I am satisfied with this session.	5 4 3 2



YOGA SESSION

Semester_

Branch ME

1) Name Payian Kumart

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
The information and/or skill presented were relevant and useful.	5 4 3 2 1
The session increased my knowledge and skills.	5 4 3 2 1
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3 2 1
Overall, I am satisfied with this session.	5 4 3 2 1



Director
R.D. Engineering College
Duhal, Ghazlabad

Date 21-6-2019

2) Roll No 1523140072

YOGA SESSION

Semester

Branch _ Me

1) Name Parashant Sharma

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	е	
		Questions				Ar	swer's	S	
1.	Workshop / Semeet.	ssion objectives w	ere stated (clearly and	5	4	3	2	3
2.	The workshop /	Session was well o	organised.		(5)	4	3	2	
3.	The information useful.	and/or skill prese	ented were	relevant and	5	4	3	2	
4.	The session incre	eased my knowled	dge and skil	ls.	5	4	(3)	2	
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	
_	Overall, I am sat	1 8			(5)	4	3	2	



Director R.D. Engineering College Duhai, Ghaziahad

Date 21-6-2019

2) Roll No 1523140074

YOGA SESSION

7 th

Semester___

Branch _ 12

	Branch Semester 7 Ph	Date 21-6-2019	
	1) Name Pounce chalahan 2) Roll	INO 152314007 6	
	Please respond to the following Statements by using indicate the extent to which you agree or disagree w circle the number that applies	the 5 point rating scale to with each statement. Please	
	5= Excellent 4= Very good 3=Good 2=Ave	rage 1= Below Average	
	Questions	Answer's	
1.	. Workshop / Session objectives were stated clearly armeet.	nd 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 useful.	and 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 answer them satisfactorily.	n and 5 4 3 2 1	
6.	Overall, I am satisfied with this session.	5 4 3 2 1	



1) Name Radheshyoung Purusad 2) Roll No 1523140078

YOGA SESSION

Please respond indicate the ext circle the numb	to the following Sto ent to which you ag er that applies	atements l gree or dis	by using the 5 agree with ea	point ch sta	rating temer	scale t. Plea	to se	
5= Excellent	4= Very good	3=Good	2=Average	1= B	elow i	Average	е	
	Questions				. A	nswer's	5	
 Workshop / Semeet. 	ssion objectives wer	re stated c	learly and	5	4	3	2	1
2. The workshop /	Session was well or	ganised.		(3)	4	3	2	1
3. The information useful.	and/or skill present	ted were r	elevant and	5	4	3	2	1
4. The session incr	eased my knowledg	e and skill	s.	5	4	3	2	ï
5. The presenter(s		e time for	question and	5	4	3	2	1
6. Overall, I am sat	isfied with this sessi	ion.		5	4	3	2	1

YOGA SESSION

7th

Branch

	Branch ME Semester 7th Date 21-6-2019							
	1) Name Rayer Singh 2) Roll No	1523140082						
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	e 5 point rating scale to each statement. Please						
	5= Excellent 4= Very good 3=Good 2=Averag	e 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 as answer them satisfactorily.	nd (5) 4 3 2 1						
6.	Overall, I am satisfied with this session.	5 4 3 2 1						



YOGA SESSION

1) Name Rashid Alamrd. Ansari 2) Roll No 15	123140085
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	. Answer's
 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
The information and/or skill presented were relevant and useful.	5 4 3 2 1
The session increased my knowledge and skills.	5 4 3 2 1
 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



Semester

Sachin Lumar

YOGA SESSION

2) Roll No 1523140038

indicate the extent to which you agree or disagree with ea circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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



Semester_

YOGA SESSION

	1) Name Sander Luman 2) Roll No_	523140094
	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	5 point rating scale to ach statement. Please
	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
		The second secon





Date_ 21 - 6 - 2019

1) Name Saucrabh Kumar Yadar

YOGA SESSION

2) Roll No 1523) 40037

Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with eac circle the number that applies	point rating scale to h statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
 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

Branch _ ME

YOGA SESSION

	Branch ME Semester 7 th	Date 21-6-2019
		1 No 15 2314 6099
	Please respond to the following Statements by using indicate the extent to which you agree or disagree w circle the number that applies	the 5 point rating scale to with each statement. Please
	5= Excellent 4= Very good 3=Good 2=Ave	erage 1= Below Average
	Questions	Answer's
1.	. Workshop / Session objectives were stated clearly as meet.	nd 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 useful.	and 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 questio answer them satisfactorily.	n and 5 4 3 2 1
6.	Overall, I am satisfied with this session.	5 4 (3) 2 1



Semester_7th

YOGA SESSION

	1) Name Shekhartyagi 2) Roll No 15231 40101			
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please		
	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		
	GF.1			



YOGA SESSION

21-6-2019

2) Roll No 15 23/40/04

Semester_ 7th

circle the number				<u> </u>			
5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	verag	e
	Questions				. An	swer's	s
L. Workshop / Ses meet.	ssion objectives w	ere stated o	learly and	5	4	3	2
2. The workshop /	Session was well o	organised.		(5)	4	3	2
3. The information useful.	and/or skill prese	nted were i	elevant and	5	<u>(4)</u>	3	2
1. The session incre	eased my knowled	ige and skil	S.	(5)	4	3	2
5. The presenter(s answer them sa	• • • • • • • • • • • • • • • • • • • •	ate time for	question and	5	4	3	2
	isfied with this ses			5	4	(3)	2

YOGA SESSION

	TIME A LOUIS	1e 21-6-2019
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to
	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



YOGA SESSION

	2101	te 21-6-2019 523140109 point rating scale to ch statement. Please
	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.	O 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





Semester

YOGA SESSION

1) Name	Sumit Rei 2) Roll No 1523	140113	
indicate	respond to the following Statements by using the 5 poin te the extent to which you agree or disagree with each sta he number that applies	nt rating scale to atement. Please	
5= Exce	cellent 4= Very good 3=Good 2=Average 1=	Below Average	
	Questions	Answer's	
 Worksh meet. 	shop / Session objectives were stated clearly and 5	<u>4</u> 3 2	1
2. The wor	orkshop / Session was well organised.) 4 . 3 2	1
3. The info	ormation and/or skill presented were relevant and	4 3 2	i
4. The sess	ssion increased my knowledge and skills.	<u>4</u> 3 2	1
	esenter(s) provided adequate time for question and them satisfactorily.	4 3 2	1
6. Overall,	, I am satisfied with this session.	4 3 2	1



YOGA SESSION

Semester_7H

1) Name Sunid Kumate

	Please respond indicate the extended circle the number	to the following S ent to which you o er that applies	tatements agree or dis	by using the 5 agree with ea	point rat ch staten	ing scale nent. Plea	to ise	
	5= Excellent	4= Very good	3=Good	2=Average	1= Belo	w Averag	ie	
		Questions				Answer'	s	
1.	Workshop / Ses meet.	ssion objectives w	ere stated o	clearly and	5 (3	2	1
2.	The workshop /	Session was well o	organised.		(5)	4 3	2	1
3.	The information useful.	and/or skill prese	nted were	relevant and	5 (3	2	1
4.	The session incre	eased my knowled	ge and skil	ls.	5	4 (3)	2	1
5.	The presenter(s) provided adequatisfactorily.	ite time for	question and	5	4 3	2	1
6.	Overall, I am sat	isfied with this ses	sion.		5 (4) 3	2	1





2) Roll No 1523140115

YOGA SESSION

Branch _

	1) Name _ Tomisha laumar 2) Roll No_	1523140118
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	point rating scale to ach statement. Please
	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



YOGA SESSION

2) Roll No 1523140120

1) Name Tarun Kumar

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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



Semester_

Branch 116

YOGA SESSION

1) Name Tavium Saint 2) Roll No 1	523140121
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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

Date 21-6-2019

Paratap Singh

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No 1523140124

Duhar Tihn

indicate the extent to which you agree or disagree with each circle the number that applies	h statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
 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

Semester

1) Name vaibhur 1gagi

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

Date_ 21 - 6- 2019

2) Roll No 1523140R6

indicate the extent to which you agree or disagree with eac circle the number that applies	h statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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

YOGA SESSION

Semester_

1) Name Viday Kumave 2) Roll No 10	523140129
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 Workshop / Session objectives were stated clearly and meet. 	5 4 3 2 1
The workshop / Session was well organised.	5 4 3 2 1
 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
 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



Semester_

YOGA SESSION

	1) Name 1/1845 RUMAN 2) Roll No 1	523140131
	Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with eac circle the number that applies	point rating scale to th statement. Please
	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

Date 21-6-2019

Semester_

YOGA SESSION

1) Name VIKULAND 2) Roll No 132		1) Name VIKULAND 2) Roll No 19	323140134
		Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
		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 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

21-6-2019

YOGA SESSION

	average of Original	te 91-6-2019
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please
	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 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



Semester_

Branch

YOGA SESSION

1) Name VIVER 144 MAY 2) Roll No 15 2 3140135		
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please	
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
Questions	Answer's	
 Workshop / Session objectives were stated clearly and meet. 	8 4 3 2 1	
2. The workshop / Session was well organised.	5 4 3 2 1	
 The information and/or skill presented were relevant and useful. 	5 4 3 2 1	
4. The session increased my knowledge and skills.	4 3 2 1	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 1 3 2 1	
6. Overall, I am satisfied with this session.	5 4 3 2 1	



R.D. Engineering College Duhai, Ghaziabad

Date 21- 6-2019

YOGA SESSION

Semester

Branch ____ A1 &

1) Name yo genderal

	1) Name yo gendina Singh 2) Roll No 19	323140140	
Please respond to the following Statements by using the 5 planticate the extent to which you agree or disagree with each circle the number that applies		point rating scale to ch statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
	Questions	Answer's	_
١.	Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1	
2.	The workshop / Session was well organised.	5 A 3 2 1	
3.	The information and/or skill presented were relevant and useful.	5 4 1 2 1	
-	The session increased my knowledge and skills.	5 4 6 2 1	
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1	
ö.	Overall, I am satisfied with this session.	\5 4 3 2 1	



R.D. Engineering College Duhai, Ghaziabad

21-6-2019

Semester_

YOGA SESSION

Branch Semester 7	Date_ 21-6-2019	
1) Name Drepale lauman 2)	Roll No 1623140901	
Please respond to the following Statements by usi indicate the extent to which you agree or disagree circle the number that applies	ing the 5 point rating scale to e with each statement. Please	
5= Excellent 4= Very good 3=Good 2=A	Average 1= Below Average	
Questions	Answer's	
 Workshop / Session objectives were stated clearly meet. 	y and -5 4 3 2 1	
2. The workshop / Session was well organised.	5 4 3 2 1	
The information and/or skill presented were relevanted useful.	5 4 2 2 1 ant and	
The session increased my knowledge and skills.	5 1 3 2 1	
 The presenter(s) provided adequate time for ques answer them satisfactorily. 	5 4 3 2 1	
6. Overall, I am satisfied with this session.	5 4 3 2 1	



Semester_7th

Branch ____^<

YOGA SESSION

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies		623140903
		point rating scale to sch statement. Please
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
	Questions	Answer's
19	 Workshop / Session objectives were stated clearly and meet. 	5 4 3 2 1
;	2. The workshop / Session was well organised.	5 14 3 2 1
į	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
- 9	 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3 2 1
	5. Overall, I am satisfied with this session.	5 4 3 2 1



Director R.D. Engineering College Duhal, Ghaziahad

21-6-2019

YOGA SESSION

Please respond to the following Statements by using indicate the extent to which you agree or disagree wi circle the number that applies		ch statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average Questions	1= Below Average 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 6 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 13 2 1	



R.D. Engineering College Duhai, Ghaziabad

Semester

YOGA SESSION

1) Name Ahup Kuman 2) Roll No 15	23140016					
Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with eac circle the number that applies	point rating scale to h statement. Please					
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average					
Questions	. Answer's					
 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					
 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					
 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					



Semester

1) Name ashwani kuman

YOGA SESSION

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



Director

R.D. Engineering College

Duhai, Ghaziabad

Date 21-6-2019

2) Roll No 1523 140023

YOGA SESSION

) Name <u>narion</u> 2) Roll No 1523 140043	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	point rating scale to
	Questions	Answer's
1.	Workshop / Session objectives were stated clearly and meet.	5 8 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



Semester_

1) Name Dharmendria Juman

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3 2 1
Overall, I am satisfied with this session.	5 4 3 2 1



Director R.D. Engineering College Duhai, Ghaziabad

Date_ 4216-2019

2) Roll No 152314 0029

YOGA SESSION

	DI 1- 7410	
Branch ME Semester 7th Dat	104 / 1	
Name HIVICZ- Khein 2) Roll No 19	123140033	
ndicate the extent to which you agree or disagree with eac	point rating scale to h statement. Please	
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
Questions	Answer's	
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he workshop / Session was well organised.	5 4 3 2 1	X
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he session increased my knowledge and skills.	(3) 4 3 2 1	
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verall, I am satisfied with this session.	5 4 3 2	È
	Name Yiracz- Khain 2) Roll No 19 Please respond to the following Statements by using the 5 producate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	Name 1 Roll No 1523 ucc33 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 sircle the number that applies 5= Excellent 4= Very good 3=Good 2=Average 1= Below Average Questions Answer's Workshop / Session objectives were stated clearly and neet. he workshop / Session was well organised. 5 4 3 2 1 he information and/or skill presented were relevant and seful. 5 4 3 2 1 The presenter(s) provided adequate time for question and newer them satisfactorily.



YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No 1523140036

Branch ______ M/ &

indicate the extent to which you agree or disagree with eac circle the number that applies	ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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



Semester

YOGA SESSION

1) Name Change Singh 2) Roll No 19		5231	400	39			
		Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent	h sta	temei	g scale nt. Pled Averag	ise	
		Questions			nswer'		
	1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
	2.	The workshop / Session was well organised.	5	(a)	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	0	3	2	1
	6.	Overall, I am satisfied with this session.	5	(4)	3	2	1



YOGA SESSION

2) Roll No 1523140041

Semester___

Branch _ M &

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





YOGA SESSION

2) Roll No 1523140046

Semester_7th

1) Name Himanshu Bhaydway'

xtent to which you o	tatements agree or dis	by using the 5 agree with ea	point i ch stat	rating emen	scale t. Plea	to ise	
4= Very good	3=Good	2=Average	1= Be	low A	Averag	ie	
Questions				A	nswer'	s	
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on and/or skill prese	nted were	relevant and	5	4	3	2	1
creased my knowled	ge and skil	ls.	5	4	3	2	1
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atisfied with this ses	sion.		5	4	(3)	2	1
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YOGA SESSION

2) Roll No 1523100019

1) Name againer Kimer Singh

in	ease respond to the following Statements by using the 5 dicate the extent to which you agree or disagree with ea cle the number that applies	5 point rating scale to ach statement. Please
5	= Excellent 4= Very good 3=Good 2=Average	1= Below Average
	Questions	Answer's
	Vorkshop / Session objectives were stated clearly and eet.	5 4 3 2 1
2. Th	e workshop / Session was well organised.	5 4 3 2 1
	e information and/or skill presented were relevant and eful.	5 4 3 2 1
4. Th	e session increased my knowledge and skills.	5 4 3 2 1
	ne presenter(s) provided adequate time for question and swer them satisfactorily.	5 4 3 2 1
6. O	erall, I am satisfied with this session.	5 @ 3 2 1



Semester_

YOGA SESSION

1) Name Adity or aupta 2) Roll No 1	52314000H
Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	noint rating scale to th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	. Answer's
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
 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

Date #21-6- 2019

Semester___7 th

1) Name AKOSh DREP

YOGA SESSION

1) Name AKCISh Deep 2) Roll No	1523146006
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
 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

Date 421 6-2019

Semester_7 th

Branch _ NIE

YOGA SESSION

1) Name ARhit tyciai 2) Roll No Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with ea circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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



YOGA SESSION

Semester_

1) Name Aman VY Guna

7111

2) Roll No 1523140010

		Please respond indicate the ext circle the number	to the following S ent to which you er that applies	Statements agree or dis	by using the 5 agree with ead	point i ch stat	rating emen	scale t. Plea	to se	
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	Average	9	
		ų.	Questions				A	nswer's	5	
	1.	Workshop / Ses meet.	ssion objectives w	ere stated (clearly and	5	(4)	3	2	1
	2.	The workshop /	Session was well	organised.		5	4	(3)	2	1
	3.	The information useful.	and/or skill prese	ented were	relevant and	5	(a)	3	2	1
	4.	The session incre	eased my knowled	dge and skil	ls.	(5)	4	3	2	1
	5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
9	6.	Overall, I am sat	isfied with this se	ssion.		5	(a)) 3	2	1



YOGA SESSION

Date_ 421-6-2019

2) Roll No 1523140012

Semester

1) Name prand lyman

	8	Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	tatements l agree or dis	by using the 5 agree with ea	point ch sta	rating temen	scale t. Plea	to ise	
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	e	
			Questions				Ar	nswer'	S	
	1.	Workshop / Ses meet.	ssion objectives we	ere stated c	learly and	5	4	3	2	1
	2.	The workshop /	Session was well o	organised.		5	4	(3)	2	1
	3.	The information useful.	and/or skill preser	nted were r	relevant and	5	(4)	3	2	1
	4.	The session incre	eased my knowled	ge and skill	s.	5	4	3	2	1
	5.	The presenter(s) provided adequa tisfactorily.	te time for	question and	5	4	(3)	2	1
л (2	6.	Overall, I am sati	isfied with this ses	sion.		(5)	4	3	2	1
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YOGA SESSION

2) Roll No 15 23140614

Semester_ 7th

	Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	tatements i agree or dis	by using the 5 agree with ea	point i ch stat	rating ement	scale . Plea	to se	
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	elow A	verag	e	
		Questions				An	swer's	5	
1.	Workshop / Ses meet.	ssion objectives w	ere stated o	learly and	(5)	4	3	2	1
2.	The workshop /	Session was well o	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	nted were	relevant and	5	4 ((3)	2	1
4.	The session incr	eased my knowled	dge and skil	ls.	5	4	3	2	1
5.	The presenter(s	s) provided adequatisfactorily.	ate time for	question and	(5)	4	3	2	1
6.	Overall, I am sat	isfied with this se	ssion.		5	4)	3	2	1
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Semester_7Hh

YOGA SESSION

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
 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





YOGA SESSION

Semester_7HC

Branch ____

	Branch Semester_ 7 H	Date 421-6-2019
	1) Name Ashish (noed 2) Roll 1	No 1523140019
	Please respond to the following Statements by using t indicate the extent to which you agree or disagree wit circle the number that applies	he 5 point rating scale to
	5= Excellent 4= Very good 3=Good 2=Averd	age 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 a useful.	nd 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 answer them satisfactorily.	and 5 4 3 2 1
6.	Overall, I am satisfied with this session.	(5) 4 3 2 1



Semester__7Hh

Branch _ M &

1) Name Ashweini

YOGA SESSION

	1) Name AShurcini 2) Roll No 19	523140000	
8	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please	
	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	



YOGA SESSION

Semester___

1) Name Atul Lauman Shanno

Please respond to the following Statements indicate the extent to which you agree or discircle the number that applies	by using the 5 sagree with eac	point h sta	rating temen	scale t. Plea	to se	
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 Workshop / Session objectives were stated of meet. 	clearly and	5	٩	3	2	1
2. The workshop / Session was well organised.	(*)	5	4	(3)	2	1
 The information and/or skill presented were useful. 	relevant and	5	4	3	2	1
4. The session increased my knowledge and skill	ils.	(5)	4	3	2	1
 The presenter(s) provided adequate time for answer them satisfactorily. 	question and	5	4	3	2	1
6. Overall, I am satisfied with this session.		5	4	(3)	2	1
- 10-1						



Director

R.D. Engineering College
Duhai, Ghaziabad

Date_421-6-2019

YOGA SESSION

Semester_

	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	ne 5 point rating scale to n each statement. Please
	5= Excellent 4= Very good 3=Good 2=Average	ge 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 an 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 a answer them satisfactorily.	and 5 4 3 2 1
6.	Overall, I am satisfied with this session.	5 4 3 2 1



Director R.D. Engineering College Duhai, Ghazlahari

YOGA SESSION

Semester 7th

Branch _

1) Name Kalpit Dubey

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





Date 21-6-2019

YOGA SESSION

Semester_7th

1) Name Kennish Komar

	1) Name Kawish Kumar 2) Roll No 1	523140050	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to	
	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	Ľ.
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	į.
6	Overall, I am satisfied with this session.	5 4 3 2 1	1



YOGA SESSION

Semester_

	1) Name Kaushal Pal 2) Roll No 1	523140052
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to th statement. Please
	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
	3 30	



Director R.D. Engineering College Duhai, Ghaziahad

Date 21-6-2019

YOGA SESSION

1) Name Kurishazi Kumari

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to ch statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
 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
 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 Duhal, Ghaziahari

Date_21-6-2019

2) Roll No 1523140054

Semester_

YOGA SESSION

		2) Roll No 2	-231	152	3140	05	7
20		Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point i ch state	ating emen	scale t. Plea	to	
		5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	Averag	e	
		Questions		Ar	nswer'	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

Head! CHead Company

Director R.D. Engineering College Duhai, Ghaziabad

YOGA SESSION

	Branch ME Semester 7th Da	ate 21-6-2019	
	1) Name MD Sarway Alam 2) Roll No 1	523M0059	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	point rating scale to ch statement. Please	
	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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5.

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Director R.D. Engineering College Duhai, Ghaziahad

YOGA SESSION

Semester_

Branch ___ ^1 &

1) Name	5 point rating scale to ach statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 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
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
 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, Ghaziahad

RD ENGINEERING COLLEGE (Capacity building and skills Enhancement) DEPARTMENT OF CIVIL ENGINEERING

Session- 2018-2019

Program

LIFE SKILL

Topics

FOCUS AND SELF CONTROL

Date

24/06/2018



Director
R.D. Engineering College
Duhal, Ghaziabad



Pankaj k < hod_ce@rdec.in>

LIFE SKILL ACTIVITY CONFIRMATION

2 messages

Pankaj k <hod_ce@rdec.in>

To: Neha Sharma <nehasharma@rics.org>

Mon, May 14, 2018 at 09:45 AM

Subject: Invitation to Present Seminar at R D Engineering College, Ghaziabad

Dear Ms. Neha Sharma

I hope this message finds you well. My name is Dr. Pankaj Kumar Singh, and I am reaching out to you on behalf of CE department of R D Engineering College. We are excited to extend an invitation to you to present a seminar on FOCUS & SELF CONTROL on 24 June 2018

We believe that your insights would greatly benefit our students.

Prof. Pankaj Kumar HOD - CE R D Engineering College, Ghaziabad

Neha Sharma nehasharma@rics.org
To: "hod_ce@rdec.in" nehasharma@rics.org

Wed, May 16, 2018 at 4:55PM

Dear Dr. Pankaj,

Thank you so much for invitation to present a seminar at R D Engineering College. I am delighted to accept the opportunity. I would like to express my gratitude for considering me for this role, and I am committed to delivering a presentation that is informative, engaging, and tailored to the interests of the participants.

Thanks & Regards,

Neha Sharma

Director

R.D. Engineering College
Duhal, Ghaziabad





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 CIVIL ENGINEERING that a one day student seminar on FOCUS AND SELF CONTROL will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on 26/06/2018 at 10:00 am in A block seminar hall.

Faculty coordinator for above program is Mr. Chirag Sharma. Contact him for any further queries or difficulties.

Dr. PANKAJ SINGH

(Head& Professor, CE Dept.)

CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board

R.D. Engineering College Duhai, Ghaziabad



CURRICULAM VITAE

ADDRESS: B-12, Krishnapura, Madanpura

Modinagar, Distt. (Ghaziabad), U.P.

PIN CODE: 201204

Email: nehshar15@gmail.com

Mobile No. 08958000465, 07060489163

NEHA SHARMA

Career Objective:

To work with a reputed institution, that will provide me a good platform to utilize my teaching & administration skills and will help me to grow my career.

Education:

B.Ed (Commerce and comp. sci.)

: Pursuing in B.Ed 2nd year from Dr. RMLI, Modinagar (2022-23)

MBA (H.R and Marketing)

R.D Engineering College, Ghaziabad (GBTU) 2011. (76%)

B.Sc (Comp. Sci. & Psychology)

D.S.V.V, Hardwar (Uttrakhand University) 2009. (71%)

Academic Qualification

Intermediate from CBSE Board in the year of 2006. (62%)

High school from CBSE Board in the year of 2003. (57%)

Professional strengths:

- Possess excellent communication skills as lecturer, teacher, debater and author.
- Excellent interpersonal and teaching skills.
- Utilizing the skill set for development of the organization.
- Making use of self-made ideology to gain the positive results and obtaining the goals of the
 organization.
- Ability to advise the students and problem solving attitude.

Academic Experience:

- > Currently working at Dr. Ram Manohar Iohia Institute (BBA,MBA,B.COM)
- MODERNINSTITUTE OF TECHNOLOGY & MANAGEMENT GHAZIABAD (Affiliated to Mahamaya Technical University, U.P) Assistant Professor (3 year experience) (2011-2013)
- I am responsible for taking up Lectures at this Institute to impart excellent quality education opportunities in professional level Management course in the area of:
 - > Human resource management
 - > Research Methodology
 - > Marketing management
 - > Organization Behavior
 - > Business environment
 - > Industrial law









N I I I I

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

Fax: 01202679300, E-mail: Info@rdec.in

SEMINAR

FOCUS AND SELF CONTROL



Ms. NEHA SHARMA

VENUE: SEMINAR HALL(A-BLOCK)

TIME: 10:00AM

DATE: 24/06/2018



R.D. ENGINEERING COLLEGE

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

DEPARTMENT OF CIVIL ENGINEERING

Session 2022-23

Report On Soft Skill Conducted for Civil Students.

TOPIC: SEMINAR ON LEADERSHIP SKILL

SPEAKER: Dr. Sunaina Dutta

DATE: 08/08/2023

TIME: 10:00 am-01:00pm

VENUE: A Block Seminar hall

This seminar is organized by Department of Civil Engineering to benefit and enhance the skill of Civil students. Approximately students have benefits by this seminar.

- Leaders have a profound impact on their overall work environment.
- A successful leader makes all the difference in a team's productivity.

BJECTIVES:-

Successful leaders are able to transform organizations, enhance value creation, create efficiencies and engage their employees to deliver better results.

FUTURE OUTCCOMES:-

- Leadership styles can have far-reaching impacts on the fate of organizations.
- The benefits of having excellent leadership at your organisation aren't only restricted to revenue.

HOD CIVIL ENGINEERING

(SIGNATURE)

(SIGNATURE)

Director

R.D. Engineering College

Duhai, Ghaziabad

R.D. Engineering College, Ghaziabad (231) SEMINAR ON FOCUS AND SELF CONTROL CIVIL ENGINEERING 3rd SEM (2018-19)

DATE:24/06/18

Sno.	Roll No.	Student Name	Signature
1	1723100001	ABBAS CHOUDHARY	Absent
2	1723100002	ABHISHEK YADAV	Nadau-
3	1723100003	ANIKET KUMAR GAUTAM	ANKet Gauten
4	1723100004	ANKIT TYAGI	Alege
5	1723100005	ANSHUMAN SINGH	Aushuman Singh
6	1723100006	ASHAWANI KUMAR	A Rue of
7	1723100007	ASHISH KUMAR	- KUSL
8	1723100008	ASHISH KUMAR	Aumaly
9	1723100012	HIMANSHU SINGH	Hingh
10	1723100013	KM MUKTA JAIWAL	Mich
11	1723100015	NIRAJ GAUTAM	- Deurta
12	1723100017	PIYUSH TYAGI	(those
13	1723100018		Pour
14	1723100019	RAVIKANT KUMAR	1 Dunas
15	1723100020	SAMSHUL	Storent
16	1723100021	SANDEEP KUMAR	& umagi
17	1723100023	SUMIT	Stront
18	1723100024	TUSHAR THAKUR	-T. The Kun
19	1723100025	UMAIR ALI KHAN	Absterot
20	1723100026	UMESH CHANDRA BHARTIY	imel
21	1723100027	VISHAL	Tom
22	1723100028	YOGESH	Jogeth
23	1765400011	SHWETA	Shureta
24	1823100901	AQEEB PARVEZ	Absent
25	1823100902	CHARU SHARMA	Charle (Shows
26	1823100903	JUNAID UL ISLAM	Absent
27	1823100904	KAJAL	taper.
28	1823100905	KM.KIRTI	fund fright
29	1823100906	KM SONAM	En Sorem
30	1823100907	MANOJ KUMAR MAURYA	mand
31	1823100908	MOHAMMED ALI QURESHI	ablent
32	1823100910	NISHANT SINGH	Coppin
33	1823100911	PANKAJ KUMAR SHARMA	Santas
34	1823100912	PAYAL	Payal
35	1823100913	RITIK CHAUDHARY	Chairte las
36	1823100914	SHAISTA SHAFI	Absent.
37	1823100915	SUMIT	Sound
38	1823100916	UBAIDULLAH RATHER	Assent

Director R.D. Engineering College Duhai, Ghaziabad



SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III

Date 24/66/18

1) Name 2) Roll No	323/1	009/	5		
Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies					
5= Excellent 4= Very good 3=Good 2=Average	1= Bei	low A	verage	2	
Questions		An	swer's	5	
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1
2. The workshop / Seminar was well organised.	_5_	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5	4	3	2	1
4. The workshop increased my knowledge and skills.	5	4	3	2	1
 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	1	3	2	1





SEMINAR ON FOCUS AND SELF CONTROL

			to the following S ent to which you o er that applies							
0		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verag	ie	
			Questions				An	swer	's	
	1.	Workshop / Semeet.	minar objectives v	were stated	clearly and	5	- 4	3	2	1
	2.	The workshop /	Seminar was well	l organised.	ń	5	4	3	2	1
	3.	The information useful.	n and/or skill prese	ented were	relevant and	5	4	3	2	1
)	4.	The workshop i	ncreased my knov	wledge and	skills.	5	4	3	2	1
	5.	The presenter((s) provided adequatisfactorily.	uate time fo	r question and	5	4	3	2	1
	6.	. Overall, I am sa	ntisfied with this w	vorkshop.		5	4	3	2	1

R.D. Engineering College

1) Name Arriket kurnar Garctam 2) Roll No 12 Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	oint r	ating . ement	scale . Plea	ise	
Questions			swer'		
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5 ,	4	3	2	1
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	4	3	2	





5= Excellent	4= Very good	3=Good	2=Average	1= Be	low Av	erag	e	
	Questions				Ans	wer'	s	
 Workshop / Se meet. 	minar objectives v	vere stated	clearly and	5	4	3	2	1
2. The workshop /	The workshop / Seminar was well organised.				4	3	2	3
 The information useful. 	n and/or skill prese	ented were	relevant and	.5	4	3	2	0.000
4. The workshop i	ncreased my knov	vledge and	skills.	5/	- 4	3	2	
5. The presenter answer them s		uate time fo	or question and	5	3	3	2	
6. Overall, I am sa	sticfied with this w	orkshon.		5	4	3	2	





	Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average		ment. ow Av	Plea: eragi	se e	
	Questions		Ans	wer's	5	
1.	Workshop / Seminar objectives were stated clearly and meet.	<i></i> ق	4	3	2	1
2.	The workshop / Seminar 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 workshop increased my knowledge and skills.	5	4	3	2	71
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	85
6	. Overall, I am satisfied with this workshop.	5	X	3	2	



SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No

Semester

5= Excellent 4= Very good 3=Good 2=Average	e 1= Below Average
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3 2
2. The workshop / Seminar was well organised.	5 4 3 2
 The information and/or skill presented were relevant an useful. 	d 5 4 3 2
4. The workshop increased my knowledge and skills.	5 4 3 2
 The presenter(s) provided adequate time for question a answer them satisfactorily. 	and 5 4 3 2
6. Overall, I am satisfied with this workshop.	5 4 3 2





Branch CE	Semest		Da 2) Roll No	te 24	06/18	Wo	
Please respond	to the following S ent to which you (tatements l	by using the 5	point rat	ing scale		
5= Excellent	4= Very good	3=Good	2=Average	1= Belo	w Averag	ge .	
	Questions				Answer	's	
Workshop / Se meet.	minar objectives v	were stated	clearly and	ي 5	4 3	2	1
		a w		-	4 3	2	1

 Workshop / Seminar objectives were stated clearly and meet. 	5	رعا	3	2	•
2. The workshop / Seminar was well organised.	حق	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5	- 4	3	2	1
4. The workshop increased my knowledge and skills.	5	Ŋ	3	2	1
 The presenter(s) provided adequate time for question an answer them satisfactorily. 	5 d	4	3	2	1
6. Overall, I am satisfied with this workshop.	ىق	4	3	2	1





5= Excellent	4= Very good	3=Good	2=Average	1= Be	low Av	erag	е	
	Questions				Ans	wer'	s	
 Workshop / Semeet. 	minar objectives v	were stated	clearly and	5	4	3	2	1
2. The workshop /	Seminar was wel	l organised.		5	4	3	2	1
 The information useful. 	n and/or skill pres	ented were	relevant and	5	- 4	3	2	36
4. The workshop i	ncreased my knov	wledge and	skills.	5	9/	3	2	
5. The presenter(answer them sa		uate time fo	or question and	5 <u>-</u>	4	3	2	
				1				





SEMINAR ON FOCUS AND SELF CONTROL

1) Name Himanshuk Singh 2) Roll No 12 Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	oint rating s	scale i Pleas	se	
Questions	An	swer's	s	
Workshop / Seminar objectives were stated clearly and meet.	5 4	3	2	1
2. The workshop / Seminar was well organised.	5 4	3	2	
 The information and/or skill presented were relevant and useful. 	5 4	3	2	7907T
4. The workshop increased my knowledge and skills.	5 4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4	3	2	
Overall, I am satisfied with this workshop.	5 4	3	2	

R.D. Engineering College Duhai, Ghaziaba

SEMINAR ON FOCUS AND SELF CONTROL

Branch ______ Semester___ 3 Nd ______ Date____ 24 6 18 1) Name _______ Multa Jaiswal 2) Roll No____ 1723100012

5= Excellent	4= Very good	3=Good	2=Average	1= Be	ow A	verag	e	
	Questions				An	swer'	s	
 Workshop / Ser meet. 	minar objectives w	ere stated	clearly and	5	4	3	2	1
2. The workshop /	Seminar was well o	organised.		5 ~	g	3	2	į
 The information useful. 	and/or skill prese	nted were	relevant and	5/	4	3	2	
4. The workshop in	ncreased my know	ledge and	skills.	5	9	3	2	
5. The presenter(s		ate time fo	or question a	nd 5	4	3	2	
6. Overall, I am sa	risfied with this wo	orkshop.		5	A	3	2	





circle the number that applies 5= Excellent	1= Belo	ow Ai	veraa	P	
Questions		SCHOOL SC	swer'		
 Workshop / Seminar objectives were stated clearly and meet. 	5_	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	- 4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent			Plea	ise	
Questions		Ans	wer'	s	
 Workshop / Seminar objectives were stated clearly and meet. 	_5_	4	3	2	
2. The workshop / Seminar was well organised.	.5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	4	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 point rating scale to

2) ROII NO 1723100018

5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verag	е	
Questions		Ans	swer'	s	
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	. 4	3	2	3
4. The workshop increased my knowledge and skills.	5/	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	J4	3	2	
6. Overall, I am satisfied with this workshop.	5/	/ 4	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 1723/20019

Branch _____ Semester____ 3 and

1) Name Ravikant kumas

5= Excellent	4= Very good	3=Good	2=Average	1= Bel	ow Av	erag	е	
	Questions				Ans	wer'	s	
 Workshop / Sen meet. 	ninar objectives <mark>w</mark>	ere stated	clearly and	(5)	4	3	2	0
2. The workshop / S	Seminar was well	organised.	2	5	4	3	2	
 The information useful. 	and/or skill prese	nted were	relevant and	5	4	3	2	
4. The workshop in	creased my know	/ledge and	skills.	5	(a)	3	2	
5. The presenter(s answer them sa		ate time fo	or question and	5	4	3	2	
6. Overall, I am sat	toffe decided white its	orkshop		(5)	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch ___ / F Semester___

3010

5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow A	verag	e	
Questions		An	swer'	s	
 Workshop / Seminar objectives were stated clearly and meet. 	25	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5	4	3	2	3
4. The workshop increased my knowledge and skills.	5	4	3	2	25/05/
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
Overall, I am satisfied with this workshop.	5	4	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Sumit

5= Excellent	4= Very good	3=Good	2=Average	1= Below Average					
	Questions				An	swer'	s		
 Workshop / Semeet. 	minar objectives	were stated	clearly and	8	4	3	2		
2. The workshop /	Seminar was wel	I organised.		5	4	3	2		
The information useful.	n and/or skill pres	ented were	relevant and	5	1	3	2		
4. The workshop i	ncreased my kno	wledge and	skills.	E	4	3	2		
5. The presenter(uate time fo	or question an	5 d	2	3	2		



2) Roll No 1723/00023



SEMINAR ON FOCUS AND SELF CONTROL

Date 24/06/18

2) Roll No 1723/00024

R.D. Engineering College Duhai, Ghazlabad

Branch __CE____ Semester___ 3 and

1) Name Tushan Thaken

5= Excellent 4= Very good 3=Good 2=Average	1= Be	low Av	rerage	2	
Questions		Ans	wer's		
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1
2. The workshop / Seminar was well organised.	-5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Unesh Chanders Rharting 2) Roll No 1723/60026

Semester_ 3 rd ____ Date_ 24/8 6/18

Duhai, Ghaziabad

5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow Av	<i>ierage</i>	?	
Questions		Ans	swer's		
. Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2. The workshop / Seminar was well organised.	-5	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5	4	3	2	39
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies 5= Excellent		ment.	. Plea	se		
Questions	1	Answer's				
Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	9	
2. The workshop / Seminar was well organised.	5	4	3	2	9	
 The information and/or skill presented were relevant and useful. 	5	O	3	2		
4. The workshop increased my knowledge and skills.	5	4	3	2		
 The presenter(s) provided adequate time for question an answer them satisfactorily. 	5 d	4) 3	2		
Overall, I am satisfied with this workshop.	6) 4	3	2		





SEMINAR ON FOCUS AND SELF CONTROL

Semester___3 -rd

1) Name	oint ro	ating s	cale t		
circle the number that applies 5= Excellent	1= Bei	low Av	verage	?	
Questions		Ans	wer's		
Workshop / Seminar objectives were stated clearly and meet.	5	(4)	3	2	1
2. The workshop / Seminar was well organised.	(5)	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	(4)	3	2	6.0
4. The workshop increased my knowledge and skills.	5	(a)	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3)	2	
6. Overall, I am satisfied with this workshop.	5	(ª)	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3 and

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average				
Questions	Answer's				
 Workshop / Seminar objectives were stated clearly and meet. 	(3)	4	3	2	
2. The workshop / Seminar was well organised.	8	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	a	3	2	
4. The workshop increased my knowledge and skills.	(5)	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
Overall, I am satisfied with this workshop.	5	(A)	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 711 Date 24/06/18

1) Name Charu sharma

2) Roll No 1823 100902

	Questions objectives were stated clearly ar nar was well organised.	nd (§)	4 4	swer'	's 2	
meet.		nd (§)	4	3	2	202
2. The workshop / Semir	nar was well organised.	(5)	4			
			227	3	2	9
 The information and/ouseful. 	or skill presented were relevant a	and 5	4	3	2	
4. The workshop increas	sed my knowledge and skills.	5	<u>a</u>	3	2	
 The presenter(s) prov answer them satisfact 	vided adequate time for question torily.	n and	4	3	2	

R.D. Engineering College Duhai, Ghazlabad

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				
 Workshop / Seminar objectives were stated clearly and meet. 	(5)	4	3	2		
2. The workshop / Seminar was well organised.	5	4	3	2	2003+62Ti	
 The information and/or skill presented were relevant and useful. 	5	4	3	2		
4. The workshop increased my knowledge and skills.	(51)	4	3	2		
 The presenter(s) provided adequate time for question an answer them satisfactorily. 	5 d	A	3	2		
6. Overall, I am satisfied with this workshop.	(5)) 4	3	2		





SEMINAR ON FOCUS AND SELF CONTROL

indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	h state		. Pleas	ie	
5= Excellent 4= Very good 3=Good 2=Average Questions	1= Below Average Answer's				
Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5-	- 4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	A	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Date 24/06/18

Branch CF Semester 3 and

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average				
Questions	Answer's				
 Workshop / Seminar objectives were stated clearly and meet. 	.5	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	_5_	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	A	3	2	
6. Overall, I am satisfied with this workshop.	5_	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch ____ C F ____ Semester _____ Date ___ 24/o 6/2018

1) Name <u>Manej Kuman Mayya</u> 2) Roll No <u>Name Manej Kuman Manej Kuman Manej Kuman Mayya</u> 2) Roll No <u>Name Manej Kuman Manej Kum</u>	ooint ro	iting s	cale		
5= Excellent 4= Very good 3=Good 2=Average	1= Be	low Av	erag	e	
Questions		Ans	wer'	S	
 Workshop / Seminar objectives were stated clearly and meet. 	-5	4	3	2	1
2. The workshop / Seminar was well organised.	5	-4	3	2 .	1
 The information and/or skill presented were relevant and useful. 	5	4	3	2	1
4. The workshop increased my knowledge and skills.	-5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	_5_	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch _____ CF ____ Semester ____ 3 nd ____ Date ____ 24/06/18

2) Roll No 1823/00910

1) Name Nishant singh

5= Excellent 4= Very good 3=Good	2=Average	1= Bei	low Av	rerage	h R	
Questions			Ans	swer's	ś	
 Workshop / Seminar objectives were stated of meet. 	clearly and	c5	4	3	2	
2. The workshop / Seminar was well organised.		5	4	3	2	
 The information and/or skill presented were ruseful. 	relevant and	5	4	3	2	
4. The workshop increased my knowledge and s	skills.	5	4	3	2	
 The presenter(s) provided adequate time for answer them satisfactorily. 	r question and	5	4	3	2	
Overall, I am satisfied with this workshop.		5	-4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

	each sta	o	 scale : Plea	to ise	
Questions		An	swer	's	
 Workshop / Seminar objectives were stated clearly and meet. 	_5	4	3	2	1
2. The workshop / Seminar was well organised.	-5	4	3	2	1
 The information and/or skill presented were relevant ar useful. 	nd 5	4	3	2	1
The workshop increased my knowledge and skills.	.5	_ 4	3	2	1
 The presenter(s) provided adequate time for question answer them satisfactorily. 	and 5	4	3	2	1
6. Overall, I am satisfied with this workshop.	ě	4	3	2	1

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Rayal 2) Roll No 19 Please respond to the following Statements by using the 5 prindicate the extent to which you agree or disagree with each circle the number that applies	ooint r	ating s ment.	2 scale Plea	se	
5= Excellent 4= Very good 3=Good 2=Average Questions	1- 50	80019700	swer'		_
Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	1
2. The workshop / Seminar was well organised.	(5)	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5	(4)	3	2	1
4. The workshop increased my knowledge and skills.	(3)	4	3	2	13
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	(A)	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

1) Name Rifik Chaudhary 2) Roll No 1823100913

___ Date 24/86/18

5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow A	verag	е	
Questions		An	swer'	s	
. Workshop / Seminar objectives were stated clearly and meet.	(3)	4	3	2	
2. The workshop / Seminar was well organised.	(5)	4	3	2	
 The information and/or skill presented were relevant and useful. 	8	4	3	2	
4. The workshop increased my knowledge and skills.	5	(a)	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	(a)	3	2	
6. Overall, I am satisfied with this workshop.	(5)	4	3	2	

R.D. Engineering College, Ghaziabad (231) SEMINAR ON FOCUS AND SELF CONTROL CIVIL ENGINEERING 5th SEM(2018-19)

DATE:24/06/18

Sno.	Roll No.	Student Name	Signature
1 .	1623100002	ABHIJEET SRIVASTAVA	Geling
2 .	1623100003	ABHISHEK	alix4.
3	1623100005	AJAY GAUTAM	Abaeht
4	1623100006	AKSHAY	they.
5	1623100007	AKSHAY KUMAR	Abotal.
6	1623100009	ANKUR KUMAR	. Protes
7	1623100011	DHIRAJ KUMAR YADAV	Abse by
8	1623100012	GOURAV	Lewy
9	1623100013	KAMIL	techast.
10	1623100014	KM KIRAN	Absent
11	1623100015	MANISH KUMAR	Dartah
12	1623100016	MEGHA	Colered
13	1623100017	MOHD NOMAAN SIDDIQUI	Janes
14	1623100018	MONIKA GAUTAM	Mantel
15	1623100021	RAJAN TYAGI	Absent
16	1623100024	SHAGUN TYAGI	Dagley.
17	1623100025	SHERYAB	51040
18	1623100026	SHIVANI	8 100gh
19	1623100027	SOHAIL KHAN	Abacht
20	1623100028	SONU KUMAR	gamy
21	1623100029	SUMIT	Eunit
22	1623100030	VINOD KUMAR	herras
23	1623100031	WAQUAR YUNUS	Absent
24	1623100032	YASH KUMAR	test
25	1623100033	YASH SAXENA	Tres:
26	1623110082	PREM KUMAR	Absent
27	1723100901	AADIL	tah)
28	1723100902	AADIL AHMAD GANIE	Spella (
29	1723100903	AAKASH TYAGI	Leben
30	1723100904	ABHISHEK GAUTAM	Jel Vehill
31	1723100905	AKASH CHAUDHARY	Down
32	1723100906	AKSHAY TYAGI	Abacht
33	1723100907	ASMAT JAN	18VIA
34	1723100908	AZEEM KHAN	Azen
35	1723100909	FARMAN KHAN	Figures
36	1723100911	MD AZEEM IQBAL	Thun
37	1723100915	RAHUL KUMAR	Pahr
38	1723100918	SHEHNAWAZ AHMED	500
39	1723100919	VIKAS KUMAR	VILOU



SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester SH Date 24-6-18

Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	h stater	ment.	Plea.	se	
5= Excellent 4= Very good 3=Good 2=Average	1= Belo	- sar where			
Questions 1. Workshop / Seminar objectives were stated clearly and meet.	5	4 C	swer'	2	
The workshop / Seminar was well organised.	5 1	4	3	2	
 The information and/or skill presented were relevant and useful. 	1.5	4	3	2	
4. The workshop increased my knowledge and skills.	5	14	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	15	4	3	2	
6. Overall, I am satisfied with this workshop.	5	19	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verage	?	
	Questions				An	swer's	5	
 Workshop / Semmeet. 	ninar objectives w	vere stated	clearly and	5	A	3	2	
2. The workshop / S	eminar was well	organised.		5	(4)	3	2	
 The information a useful. 	and/or skill prese	ented were	relevant and	(5)	4	3	2	
4. The workshop in	creased my know	vledge and	skills.	5	4	3	2	
5. The presenter(s) answer them sat		ate t ime fo	r question and	5	4	3	2	
6. Overall, I am sati	C - d - sibh bhiann	orkshop		5	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Rahul 124max 2) Roll No 1723100915

Branch CE Semester 5-11

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3 2
2. The workshop / Seminar was well organised.	5 4 13 2
 The information and/or skill presented were relevant and useful. 	5 4 13 2
4. The workshop increased my knowledge and skills.	5 14 3 2
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3 2
6. Overall, I am satisfied with this workshop.	15 4 3 2

SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24-6-18

2) Roll No 1723100911

R.D. Engineering College Duhai, Ghaziabad

1) Name MD AZEEM ighal

5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verage	2	
	Questions					swer's	5	
 Workshop / Ser meet. 	minar objectives w	ere stated	clearly and	5 (4	3	2	1
2. The workshop /	Seminar was well	organised.	L.	5	(A)	3	2	9
 The information useful. 	and/or skill prese	nted were	relevant and	5	4	3	2	
4. The workshop in	ncreased my know	rledge and	skills.	(5)	4	3	2	
5. The presenter(s		ate time fo	r question and	5	4	3	2	
6. Overall, I am sa	tisfied with this w	orkshop.		5	4	(3)	2	

SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24-6-18

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

Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 1773100908

1) Name Azzem Lhan

Vorkshop / Se	Questions				An	swer's	
	sanka area a filmora y t					31101.2	5
	minar objectives	were stated	clearly and	5	4	<u>-3</u>	2
e workshop /	Seminar was we	ll organised.		5	C4	- 3	2
e information eful.	n and/or skill pres	sented were	relevant and	C5	- 4	3	2
ne workshop i	ncreased my kno	wledge and	skills.	5	14	3	2
		uate time fo	or question and		4	3	2
	ne information eful. ne workshop i he presenter(e information and/or skill presented. eful. ne workshop increased my kno	ne information and/or skill presented were eful. The workshop increased my knowledge and the presenter(s) provided adequate time for	ne workshop increased my knowledge and skills. he presenter(s) provided adequate time for question and	the information and/or skill presented were relevant and eful. 5 The workshop increased my knowledge and skills. The presenter(s) provided adequate time for question and	the information and/or skill presented were relevant and eful. 5 4 The workshop increased my knowledge and skills. The presenter(s) provided adequate time for question and	the information and/or skill presented were relevant and eful. 5 4 3 The workshop increased my knowledge and skills. The presenter(s) provided adequate time for question and

SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 1723100907

Branch ____ CE____ Semester__ 5 TM

1) Name Asmat Jan

5= Excellent 4= Very g	ood 3=Good 2=Average 1= Below Average	
Quest	ons Answer's	
 Workshop / Seminar objectmeet. 	ives were stated clearly and 5 4 3 2	1
2. The workshop / Seminar wa	s well organised.	2 :
 The information and/or ski useful. 		2
4. The workshop increased m	3 0	2
5. The presenter(s) provided answer them satisfactorily	dequate time for question and	2
6. Overall, I am satisfied with	his workshop. 5 47 3	2

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Sheered by 2) Roll No 1. Sheered by 1. Please respond to the following Statements by using the 5 please the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average		cale to Please	е	
Questions	Ans	wer's		
 Workshop / Seminar objectives were stated clearly and meet. 	5 4	3	2	1
2. The workshop / Seminar was well organised.	5 14	3	2	
 The information and/or skill presented were relevant and useful. 	15 4	3	2	
4. The workshop increased my knowledge and skills.	5 14	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	15 4	3	2	
6. Overall, I am satisfied with this workshop.	5 LA	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

Semester 5 th

Branch ____CE____

	5= Excellent 4= Very good 3=Good 2=Average	1= Below /	Averag	е	
	Questions Answer's Workshop / Seminar objectives were stated clearly and meet. The workshop / Seminar was well organised. The information and/or skill presented were relevant and useful. The workshop increased my knowledge and skills. Answer's 4 3 2 5 4 3 2	Answer's			
		5 4	3	2	
2.	The workshop / Seminar was well organised.	5 4	3	2	
3.		5 4	3	2	
4.	The workshop increased my knowledge and skills.	5 4	3	2	
5.			3	2	
2	Overall, I am satisfied with this workshop.	(5) 4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th

5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow A	verag	е	
Questions		Ans	swer'	S	
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	
2. The workshop / Seminar was well organised.	5	47	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5) 4	3	2	
Overall, I am satisfied with this workshop.	5	(a)	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	each statement. Please
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3 2
2. The workshop / Seminar was well organised.	5 4 3 2
 The information and/or skill presented were relevant and useful. 	d 5 4 3 2
4. The workshop increased my knowledge and skills.	5 4 3 2
 The presenter(s) provided adequate time for question a answer them satisfactorily. 	ond 6 4 3 2
6. Overall, I am satisfied with this workshop.	5 4. 3 2





SEMINAR ON FOCUS AND SELF CONTROL

circle the number that applies 5= Excellent	1= Bei		. Plea verag		
Questions		An	swer'	s	
I. Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	0000
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Semester 5th Date 2416118

2) Roll No 1623100015

5= Excellent	4= Very good	3=Good	2=Average	1= Bel	ow A	verag	е	
	Questions				An	swer'	s	
 Workshop / Se meet. 	minar objectives v	were stated	clearly and	5	4	3	2	
2. The workshop /	Seminar was wel	l organised.		5	4	3	2	
 The information useful. 	n and/or skill pres	ented were	relevant and	5	4	3	2	
4. The workshop i	ncreased my knov	wledge and	skills.	5	43	- 3	2	
5. The presenter(uate time fo	or question and	3	4	3	2	
6. Overall, I am sa				5	(4)	3	2	

Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following States indicate the extent to which you agree circle the number that applies 5= Excellent 4= Very good 3=			h each	state	ment.		е	
Questions					An	swer's		_
Workshop / Seminar objectives were meet.	stated o	clearly an	d	5	4	3	2	
2. The workshop / Seminar was well orga	anised.			5	4	3	2	
 The information and/or skill presented useful. 	ed were i	relevant a	and	5	4	3	2	
4. The workshop increased my knowled	lge and s	skills.		5	4	3	2	
 The presenter(s) provided adequate answer them satisfactorily. 	time for	r questio	n a nd	5	4	3	2	
6. Overall, I am satisfied with this works				5	4	(37)	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th. Date 24618.

	5= Excellent 4= Very good 3=Good 2=Average	1= Bel		0.000-0.000		
	Questions		An	swer's		
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	
2.	The workshop / Seminar was well organised.	5	4	3	2	
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	
4.	The workshop increased my knowledge and skills.	5	4	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	3	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

1) Name Mohika Gartam 2) Roll No 162 3100018

Semester_____6 + . Date 2 4 6 18

	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verage	2	
	Questions		An	swer's	5	
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	
2.	The workshop / Seminar was well organised.	5	4	3	2	
3.	The information and/or skill presented were relevant and useful.	(5')	4	3	2	
4.	The workshop increased my knowledge and skills.	5	4)	3	2	
5.	The presenter(s) provided adequate time for question an answer them satisfactorily.	d 5) 4	3	2	



SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th

	5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow Av	erag	e
	Questions		Ans	wer'	s
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2
2.	The workshop / Seminar was well organised.	5	0	3	2
3.	The information and/or skill presented were relevant and useful.	5	4	3	2
4.	The workshop increased my knowledge and skills.	5	4	3	2
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2

SEMINAR ON FOCUS AND SELF CONTROL

indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	h stat	tement	scale t t. Pleas Average	se	
5= Excellent 4= Very good 3=Good 2=Average Questions	1- 50	C4-01 (A	nswer's		_
Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	L3-	2	
4. The workshop increased my knowledge and skills.	5	C4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 		- 4	3	2	
Overall, I am satisfied with this workshop.	(5	_ 4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Abhiject Saivonstava 2) Roll No 16 28 10002.

Semester 5th. Date 24/6/18.

5= Excellent	1900 1 10 10 10 10 10 10 10 10 10 10 10 10					1= Below Average					
	Questions				Ans	swer'	s				
 Workshop / Semeet. 	minar objectives v	were stated	clearly and	(5)	4	3	2				
2. The workshop /	Seminar was well	organised.		5	(A)	3	2				
 The information and/or skill presented were relevant and useful. 		5	4	3	2						
4. The workshop i	ncreased my knov	wledge and	skills.	(5)	4	3	2				
5. The presenter(answer them sa		uate time fo	or question and	5	4	3	2				
6. Overall, I am sa	tisfied with this w	varkshop.		5	4	3	2				

SEMINAR ON FOCUS AND SELF CONTROL

Branch CF Semester 5th Date 24-6-18

5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verag	ie	
Questions		An	iswer'	's	
Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	3	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	(4)	3	2	
6. Overall, I am satisfied with this workshop.	3	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 17-23/0090 L

Semester_S-W

5= Excelle	ent 4= Very good 3=Good 2=Ave	erage 1= Below Average
	Questions	Answer's
Workshop meet.	p / Seminar objectives were stated clearly	and 5 4 3 2
2. The works	hop / Seminar was well organised.	5 4 3 2
The informuseful.	nation and/or skill presented were relevar	5 (4 3 2 nt and
4. The works	shop increased my knowledge and skills.	5 4 L3 2
	enter(s) provided adequate time for quest nem satisfactorily.	tion and 5 L4 3 2

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Autorah tyagi

5= Excellent 4= Very good 3=Good 2=Avera	ge 1= Below Average
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	d 5 4 L3 2 1
2. The workshop / Seminar was well organised.	5 (4 3 2 1
 The information and/or skill presented were relevant a useful. 	5 4 L3 2 :
4. The workshop increased my knowledge and skills.	5 14 3 2
 The presenter(s) provided adequate time for question answer them satisfactorily. 	5 <u>14</u> 3 2
6. Overall, I am satisfied with this workshop.	15 4 3 2

SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24-6-18

1) Name Andil Anned Opine 2) Roll No 17-23100 902

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average					
Questions	Answer's					
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1	
2. The workshop / Seminar was well organised.	5	4	L3-	2	1	
3. The information and/or skill presented were relevant and useful.		La	3	2	3	
4. The workshop increased my knowledge and skills.	5	14	3	2		
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	(3	2		
6. Overall, I am satisfied with this workshop.	1.5	- 4	3	2		

SEMINAR ON FOCUS AND SELF CONTROL

____ Date___ 24-6-18

Semester_ 5th

Branch _ CE

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 L3 2
2. The workshop / Seminar was well organised.	5 4 3 2
 The information and/or skill presented were relevant and useful. 	5 4 L3 2
4. The workshop increased my knowledge and skills.	5 4 3 2
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3 2



SEMINAR ON FOCUS AND SELF CONTROL

Branch CS Semester 5th Date 24-6-18

Please respond to the following Statements by using the 5 point rating scale to

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verag	e	
		Questions				An	swer'	s	
1.	Workshop / Se meet.	minar objectives	were stated	clearly and	5	4	3	2	7.75
2.	The workshop /	Seminar was wel	l organised.		5	4	3	2	2001
3.	The information useful.	n and/or skill pres	ented were	relevant and	5	a	3	2	200
4.	The workshop i	ncreased my kno	wledge and	skills.	5	(4)	3	2	
5.	The presenter(s) provided adequatisfactorily.	uate time fo	or question an	3	4	3	2	
-	Overall, I am sa	stofied with this v	vorkshon		5	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

Branch CS Semester St Date 211-8-18

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 \3 2
2. The workshop / Seminar was well organised.	5 (4 3 2
 The information and/or skill presented were relevant and useful. 	5 4 1.3 2
4. The workshop increased my knowledge and skills.	5 L4 3 2
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 L4 3 2
Overall, I am satisfied with this workshop.	Ls 4 3 2

SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 point rating scale to

5= Excellent 4= Very good 3=Good 2=Average	1= Bei	low A	verag	е	
Questions	Answer's				
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	988
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	(5)	4	3	2	

Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 2U - 6-18

1) Name Sumit 2) Roll No 1623100029

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verage	277	
		Questions				An	swer's		
	Workshop / Se neet.	minar objectives	were stated	clearly and	5	4	3	2	10000
2. T	The workshop /	Seminar was wel	l organised.	35	5	4	(3-	2	2000
	The informatior useful.	n and/or skill pres	ented were	relevant and	5	C4	- 3	2	
4.	The workshop i	ncreased my kno	wledge and	skills.	5	4	<u>(3</u> —	2	
	The presenter(answer them sa	s) provided adeq atisfactorily.	uate time fo	or question and		4	3	2	
c	Overall Lames	itisfied with this v	workshop		5	4	_ 3	2	





SEMINAR ON FOCUS AND SELF CONTROL

1) Name Sonu lauman 2) Roll No 1623100029

5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verage	2	
Questions			Answer's					
 Workshop / Se meet. 	minar objectives w	ere stated cle	early and	5	(4)	3	2	2
2. The workshop /	Seminar was well	organised.		(3)	4	3	2	
 The information useful. 	n and/or skill prese	nted were re	levant and	5	0	3	2	
4. The workshop i	increased my know	ledge and sk	ills.	5	(a)	3	2	
 The workshop i The presenter(answer them sa 	(s) provided adequa			5	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 1623100026

Branch ___CE_____ Semester____5***

1) Name Shiverni

5= Excellent 4= Very good 3=Good 2=Average	1= Below Average				
Questions	Answer's				
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3 2				
2. The workshop / Seminar was well organised.	5 4 3 2				
 The information and/or skill presented were relevant and useful. 	C5 4 3 2				
4. The workshop increased my knowledge and skills.	5 4 3 2				
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3 2				
Overall, I am satisfied with this workshop.	15 4 3 2				

R.D. Engineering College, Ghaziabad (231) SEMINAR ON FOCUS AND SELF CONTROL CIVIL ENGINEERING 7th SEM (2018-19)

DATE:24/06/18

Sno.	Roll No.	Student Name	Signature
1.	1523100001	AAKASH TYAGI	Alal.
2 -	1523100002	AKASH TYAGI	Heuhi
3,	1523100003	AMAN PRATAP SINGH	-Ahabi
4 .	1523100004	AMIT KUMAR	-AM+
5 _	1523100005	ANAND KUMAR CHAUDHARY	Sterd.
6	1523100009	ASAD AKRAM	Absent
7_	1523100012	вову	- Boby.
8 =	1523100013	CHETAN SINGH	cheldh.
9	1523100015	DHARMENDAR PARTAP SINGH	Absent
10_	1523100016	DHEER SINGH	they.
11,	1523100017	GANAPAT SINGH	Grathad
12	1523100020	GYANENDRA KUMAR	Absent
13	1523100021	HARDIK TYAGI	(Plandi 1
14.	1523100023	HARSHIT KUMAR VATS	Marshit
15_	1523100024	HIMANSHU SHARMA	Hofraid
16	1523100025	JYOTI SHARMA	Digust?
17	1523100026	KAPIL	Doubt
18 -	1523100027	KAPIL KUMAR SHARMA	Dabil
19	1523100028	KHALIL ULLAH	Absent
20.	1523100029	KUMARI BHAWANA	(Fachar 186
21	1523100031	MD AZHAR KHAN	Absent
22	1523100033	MD NEZAM UDDIN	Absent
23 .	1523100034	MD. ASIF IQBAL	Dat Flor
24	1523100035	MOHD SALMAN KHAN	Absent
25	1523100036	MOHIN KHAN	Abrent
26_	1523100038	MUNENDRA	Mwsey.
27 -	1523100039	NARENDRA KUMAR	Absent
28	1523100040	NAZIM RANA	Absent
29	1523100042	NIMA NAZ	Absent
30	1523100043	NITIN BHARTI	NHThis
31	1523100044	PANKAJ	- Fantal
32	1523100045	PANKAJ KUMAR	Pontai
33	1523100046	PRADEEP KUMAR	- tew
34 .	1523100047	PRAKASH SINGH	Hereball
35	1523100048	PRAKASH SINGH CHONKAR	Abject
36 -	1523100049	PRAMANSHU CHAUHAN	Herery.
37	1523100051	RAHUL KUMAR	Tarel
38	1523100052	RAHUL KUMAR BHARTI	Rahul
39	1523100053	RAJESH KUSHAWAHA	Mosent
40.	1523100054	RISHABH	- the

Director R.D. Engineering College Duhar, Ghaziabad



41.	1523100055	RISHABH KUMAR MAURYA	1
42 -	1523100056	ROBIN	John
43 z	1523100057	SANJAY GAUTAM	Cour
44	1523100058	SHIVAM SHARMA	Absent
45.	1523100059	SHIVAM TYAGI	Shian
46	1523100061	SHUBHAM RAWAT	Absent
47)	1523100063	SURAJ KUMAR BHARATI	Severy.
48	1523100064	UPKAR SINGH	Absent
49 •	1523100065	VARUN SINGHAL	Mascub
50 _	1523100066	VATSALYA SUMAN	Jasady
51 4	1523100067	VICKY SENGAR	Westy
52,	1523100068	VIKRANT TYAGI	Vitocator
53 .	1523100069	VINIT KUMAR	MARA
54	1523100072	VISHAL SHARMA	Absent
55 p	1623100901	DELSHAD AHAMAD	land
56	1623100902	SUNIL KUMAR	Absent
57 -	1623100903	VIVEK KUMAR	Avet
58#	1623100801	VISHAL KUMAR	July





SEMINAR ON FOCUS AND SELF CONTROL

	1) Name <u>Granapat Singh</u> 2) Roll No <u>15</u> Please respond to the following Statements by using the 5 please the extent to which you agree or disagree with each	oint ra	ting s			
	circle the number that applies 5= Excellent	1= Belo				
	Questions		An	swer'	s	
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Seminar 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 workshop increased my knowledge and skills.	5	A	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





<u>Feedback form</u> <u>SEMINAR ON FOCUS AND SELF CONTROL</u>

Branch _____ Semester__

		1) Name _ Kapix / Cuman Shanna 2) Roll No 15	2510	002	-		
)	1. 2. 3.	Please respond to the following Statements by using the 5 planticate the extent to which you agree or disagree with each circle the number that applies					
		5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow Au	erag	е	
Ī		Questions		Ans	wer'	S	
	1.	Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	1
	2.	The workshop / Seminar was well organised.	(5)	4	3	2	1
	3.	The information and/or skill presented were relevant and useful.	5	(ª)	3	2	1
	4.	The workshop 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 workshop.	(5)	4	3	2	1
1							





<u>Feedback form</u> <u>SEMINAR ON FOCUS AND SELF CONTROL</u>

Branch _____

Semester 7th Date 24/66/18

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						
	Questions		Ans	wer'	s	
1.	1755A 97A 97A	-5	4	3	2	
2.	The workshop / Seminar was well organised.	_5	4	3	2	0000
3.	The information and/or skill presented were relevant and useful.	5	A	3	2	
4.	The workshop increased my knowledge and skills.	_5	4	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	
6	Overall, I am satisfied with this workshop.	5	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 1523/06034

1) Name MD. Asid Tabal

)	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies						
		5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verage	9	
		Questions		An	swer's	5	
	1.	Workshop / Seminar objectives were stated clearly and meet.	5	_4	3	2	1
	2.	The workshop / Seminar 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 workshop 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 workshop.	5	A	3	2	1

R.D. Engineering College Duhal, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Branch CF Semester 7 th

	5= Excellent 4= Very good 3=Good 2=Aver	age 1= Be	elow A	verag	e	
	Questions		An	swer'	s	
	Workshop / Seminar objectives were stated clearly a meet.	nd 5	4	3	2	1
2.	The workshop / Seminar was well organised.	(5)	4	3	2	39
3.	The information and/or skill presented were relevant useful.	and) 4	3	2	30%
4.	The workshop increased my knowledge and skills.	5	4	3	2	
5.	The presenter(s) provided adequate time for question answer them satisfactorily.	on and	(4)	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch ____CF ____ Semester___ 7th

Please respond to the following Statements by using the indicate the extent to which you agree or disagree with exircle the number that applies 5= Excellent	3/00068	
Please respond to the following Statements by using the 5 pl indicate the extent to which you agree or disagree with each circle the number that applies		
5= Excellent 4= Very good 3=Good 2=Average	1= Below Averag	e
Questions	Answer'	s
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3	2
2. The workshop / Seminar was well organised.	5 4 3	2
 The information and/or skill presented were relevant and useful. 	5 4 3	2
4. The workshop increased my knowledge and skills.	5 4 3	2
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 3	2
6. Overall, I am satisfied with this workshop.	(5) 4 3	2





SEMINAR ON FOCUS AND SELF CONTROL

The workshop / Seminar was well organised. 5 4 3 The information and/or skill presented were relevant and useful.	t. Plea	se			
			377		_
70 0 700 200 200 200 200 200 200 200 200 200	5	4	3/	2	1
2. The workshop / Seminar was well organised.	5	A	3	2	1
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	A	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	A	3	2	
6. Overall, I am satisfied with this workshop.	UB'	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

	5= Excellent 4= Very good 3=Good 2=Average	tent to which you agree or disagree with each statement. Please ber that applies 4= Very good 3=Good 2=Average 1= Below Average Questions Answer's eminar objectives were stated clearly and 5 4 3 2 1 On and/or skill presented were relevant and 5 4 3 2 1 increased my knowledge and skills. 5 4 3 2 1 Tr(s) provided adequate time for question and satisfactorily.				
	Questions	tent to which you agree or disagree with each statement. Please ber that applies 4= Very good 3=Good 2=Average 1= Below Average Questions Answer's eminar objectives were stated clearly and 5 4 3 2 1 / Seminar was well organised. 5 4 3 2 1 on and/or skill presented were relevant and 5 4 3 2 1 increased my knowledge and skills. 5 4 3 2 1 or (s) provided adequate time for question and satisfactorily.				
1.	Workshop / Seminar objectives were stated clearly and meet.	5	a	3	2	3.35
2.	The workshop / Seminar was well organised.	1.5	4	3	2	20.402
3.	The information and/or skill presented were relevant and useful.	5	9	3	2	3
4.	The workshop increased my knowledge and skills.	5	4	13	2	
5.	Questions Orkshop / Seminar objectives were stated clearly and et. Workshop / Seminar was well organised. Solution of the control of the c					





SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average		ment	. Plea	se	
Questions		An	swer'	s	
 Workshop / Seminar objectives were stated clearly and meet. 	(3)	4	3	2	
2. The workshop / Seminar was well organised.	5	(4)	3	2	1000
 The information and/or skill presented were relevant and useful. 	5	4	(3)	2	
4. The workshop increased my knowledge and skills.	(3)	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	5	(a)	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

	rage 1= l		Averag	:- 	
Questions 1. Workshop / Seminar objectives were stated clearly a meet.	and 5		Answer	r's 2	
2. The workshop / Seminar was well organised.	5	A	3	2	
 The information and/or skill presented were relevant useful. 	and	4	3	2	
4. The workshop increased my knowledge and skills.	5	B	3	2	
 The presenter(s) provided adequate time for question answer them satisfactorily. 	00 10	5 4	1 3	2	
Overall, I am satisfied with this workshop.	U	1	4 3	2	

Director R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Predeep Kymer 2) Roll No 15231000 45

	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verag	e	
	Questions		An	swer'	S	_
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	
2.	The workshop / Seminar was well organised.	C ⁵	4	3	2	
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	
4.	The workshop increased my knowledge and skills.	(5)	4	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	0	3	2	
6	Overall, I am satisfied with this workshop.	(5)) 4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies 5= Excellent	o which you agree or disagree with each statement. Please at applies Very good 3=Good 2=Average 1= Below Average Questions Answer's or objectives were stated clearly and 5 4 3 2 1 If or skill presented were relevant and 5 4 3 2 1 assed my knowledge and skills.
Questions	Answer's
 Workshop / Seminar objectives were stated clearly and meet. 	5 4 13 2
2. The workshop / Seminar was well organised.	5 4 3 2
 The information and/or skill presented were relevant and useful. 	5 4 3 2
4. The workshop increased my knowledge and skills.	5 4 3 2
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	d 5/4 3 2
Overall, I am satisfied with this workshop.	5 4 3 2

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SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	gree with each statement. Pleading 2=Average 1= Below Average Answer 1	scale . Plea	se		
Questions		An	swer'	s	
Workshop / Seminar objectives were stated clearly and meet.	5	0	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	(4)	3	2	
4. The workshop increased my knowledge and skills.	(3)	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 		(a)	3	2	
Overall, I am satisfied with this workshop.	(5)) 4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

1) Name Himanuhu Shanna

2) Roll No 1523/60024

Director R.D. Engineering College Duhai, Ghaziabad

indicate the	ond to the following St extent to which you a imber that applies							
5= Exceller	at 4= Very good	3=Good	2=Average	1= Bel	ow A	verage	2	
	Questions				An	swer's		
Workshop meet.	/ Seminar objectives v	vere stated	clearly and	5	4 (3/	2	1
2. The worksh	op / Seminar was well	organised.		5 \	4	3	2	1
3. The information useful.	ation and/or skill prese	ented were	relevant and	5	4 ,	سقرا	2	1
4. The worksh	op increased my knov	vledge and	skills.	5	10	3	2	
	nter(s) provided adequ m satisfactorily.	uate time fo	or question and	1 5	4	3	2	3
6. Overall, La	m satisfied with this w	orkshop.		5	4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

1) Name		ement	t. Plea	ise	
Questions		Ar	nswer'	's	
 Workshop / Seminar objectives were stated clearly and meet. 	5	(4)	3	2	1
2. The workshop / Seminar was well organised.	5	4	<u>(3)</u>	2	į
 The information and/or skill presented were relevant and useful. 	5	0	3	2	
4. The workshop increased my knowledge and skills.	(5)	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
6. Overall, I am satisfied with this workshop.	(3)	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

1) Name Akash Tyan; 2) Roll No 1523/0002

	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	?	
	Questions	Answer's	5	
1.	Workshop / Seminar objectives were stated clearly and meet.	5 4 3	2	1
2.	The workshop / Seminar was well organised.	5 1 3	2	1
3.	The information and/or skill presented were relevant and useful.	5/43	2	
4.	The workshop increased my knowledge and skills.	5 4 3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3	2	
	Overall, I am satisfied with this workshop.	₹ 4 3	2	

Director R.D. Engineering College Duhai, Ghaziebad



SEMINAR ON FOCUS AND SELF CONTROL

Branch ____CE _____ Semester_____7#h

	Questions orkshop / Seminar objectives were stated clearly and et. workshop / Seminar was well organised. information and/or skill presented were relevant and ful. workshop increased my knowledge and skills. e presenter(s) provided adequate time for question and	1= Be	low A	verage		
	Questions		An	swer's	6	
	Workshop / Seminar objectives were stated clearly and meet.	5	(a)	3	2	1
2.	The workshop / Seminar was well organised.	5	(a)	3	2	
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	11070
4.	The workshop increased my knowledge and skills.	5	4	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	(3)	2	
	Overall, I am satisfied with this workshop.	5	(A)	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch _____ C ____ Semester _____ 7 +h _____ Date ____ 24/66/18

2) Roll No 1523120023

1) Name Marshit Kuman Vats

5= Excellent 4= Very good 3=Good 2=Ave	erage 1= Be	low A	verage	е	
Questions		An	swer's	s	
 Workshop / Seminar objectives were stated clearly meet. 	and (3	4	3	2	1
2. The workshop / Seminar was well organised.	(5)	4	3	2	0.702.0
 The information and/or skill presented were relevanted useful. 	nt and	(4)	3	2	200
4. The workshop increased my knowledge and skills.	(5)	4	3	2	
 The presenter(s) provided adequate time for quest answer them satisfactorily. 	tion and	(A)	3	2	
6. Overall, I am satisfied with this workshop.	É) 4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

1) Name <u>Kapil</u> 2) Roll No <u>15</u> Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	oint ra	iting s ment.	scale Plea	se	
Questions		An	swer'	S	
Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2 ,	1
 The information and/or skill presented were relevant and useful. 	5	A	3	2	1
4. The workshop increased my knowledge and skills.	8	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	K	3	2	
6. Overall, I am satisfied with this workshop.	-8	4	3	2	

R.D. Engineering College Duhai, Ghaz abad

SEMINAR ON FOCUS AND SELF CONTROL

	1) Name Rishald 2) Roll No 15 Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	oint ro	0059 ating s	_ scale		
	5= Excellent 4= Very good 3=Good 2=Average	1= Bei	low A	verag	e	
	Questions		Ans	swer'	s	
1.	Workshop / Seminar objectives were stated clearly and meet.	(5")	4	3	2	1
2.	The workshop / Seminar was well organised.	(1)	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	8	4	3	2	1
4.	The workshop increased my knowledge and skills.	5	4	3	2	1
5	. The presenter(s) provided adequate time for question and answer them satisfactorily.	5	(a)	3	2	1
6	. Overall, I am satisfied with this workshop.	(5)) 4	3	2	1





SEMINAR ON FOCUS AND SELF CONTROL

2) Roll No 1523/0003 B

1) Name _ Munendre

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	2low A	Averag	е	
		Questions				Α	nswer'	S	
	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	\3/	2	
2.	The workshop /	Seminar was wel	l organised.		5	A	3	2	
3.	The information useful.	n and/or skill pres	ented were	relevant and	15/	4	3	2	
4.	The workshop i	ncreased my kno	wledge and	skills.	5	A	3	2	
5.	The presenter	(s) provided adequatisfactorily.	uate time fo	or question and	5	A	3	2	
6	Overall Lams:	atisfied with this v	workshop.		15	9 4	3	2	

SEMINAR ON FOCUS AND SELF CONTROL

Branch ______ Semester ____ 7th _____ Date ____ 24/6/2018

	1) Name Namendam Kuman 2) Roll No 15 Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	oint ra	ting : ment	scale . Plea	se	
	Questions		An	swer'	s	
1.	Workshop / Seminar objectives were stated clearly and meet.	5 (4	3	2	1
2.	The workshop / Seminar 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 workshop increased my knowledge and skills.	5	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	8	4	3	2	1
6	Overall, I am satisfied with this workshop.	5	0	3	2	1





SEMINAR ON FOCUS AND SELF CONTROL

	1) Name 2) Roll No/S	23/00044
	Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
	Questions	Answer's
1.	Workshop / Seminar objectives were stated clearly and meet.	5 4 1 3 2 1
2.	The workshop / Seminar 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 workshop 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 workshop.	5 4 03 2 1
	 3. 4. 5. 	Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies 5 = Excellent





SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 planticate the extent to which you agree or disagree with each circle the number that applies 5= Excellent		ment.	Pleas	ie	
Questions		Ans	wer's	ě	
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	3	2	1
2. The workshop / Seminar was well organised.	(5)	4	3	2	1
 The information and/or skill presented were relevant and useful. 	5	(4)	3	2	
4. The workshop increased my knowledge and skills.	(3)	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	(4)	3	2	
6. Overall, I am satisfied with this workshop.	5	4	(3)	2	

Director

R.D. Engineering College

Duhal, Ghaziabad



SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/06/18

2) Roll No 1503/00047

5= Excellent 4= Very good 3=Good 2=Average	1= Be		Averag		
Questions		Α	nswer	's	
 Workshop / Seminar objectives were stated clearly and meet. 	5	4	J3/	2	1
2. The workshop / Seminar was well organised.	5	a	3	2	
 The information and/or skill presented were relevant and useful. 	1.8	4	3	2	575000
4. The workshop increased my knowledge and skills.	5	14	3	2	
 The presenter(s) provided adequate time for question an answer them satisfactorily. 	d (5°	4	3	2	

Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

indicate the extent to which you agree or disagree with excircle the number that applies 5= Excellent				verag		
Questions			Ar	swer'	s	
G G	ed clearly and	5	4	3	2	1
2. The workshop / Seminar was well organise	ed.	5	Δ	3	2	1
 The information and/or skill presented we useful. 	re relevant and	5	4	3	2	1
4. The workshop increased my knowledge a	nd skills.	5	0	3	2	
 The presenter(s) provided adequate time answer them satisfactorily. 	for question and	3	4	3	2	
6. Overall, I am satisfied with this workshop		5	(A	7 3	2	

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SEMINAR ON FOCUS AND SELF CONTROL

Branch _____ Semester___ 7th ____ Date____24/06/18

1) Name	ooint rati	ng scale		
5= Excellent 4= Very good 3=Good 2=Average	1= Belov	v Averag	е	
Questions		Answer'	s	
 Workshop / Seminar objectives were stated clearly and meet. 	5 (2	3	2	1
2. The workshop / Seminar was well organised.	5 4	1 3/	2	
 The information and/or skill presented were relevant and useful. 	\5/	4 3	2	N
4. The workshop increased my knowledge and skills.	5 V	4 3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	15	4 3	2	
6. Overall, I am satisfied with this workshop.	5	4 13	2	





SEMINAR ON FOCUS AND SELF CONTROL

1) Name	oint ro	ating s ment.	cale Plea	se	
Questions		Ans	wer'	s	
. Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	75402
3. The information and/or skill presented were relevant and useful.	5	v	3	2	
4. The workshop increased my knowledge and skills.	_5-	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	A	3	2	
6. Overall, I am satisfied with this workshop.	5	14	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 poindicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	state	ment		se	
Questions		An	swer's	5	
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2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
Overall, I am satisfied with this workshop.	5	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Branch _____ Semester ______ Date __24/06/2018

Please respond to the following Statements by using the 5 planticate the extent to which you agree or disagree with each circle the number that applies 5= Excellent	h state		Plea	se	
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4. The workshop increased my knowledge and skills.	(5)	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	(4)	3	2	
6. Overall, I am satisfied with this workshop.	5	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Date 24/86/18

Branch _____CE_____ Semester___7 th

circle the number that applies 5= Excellent	1= Be	low A	verag	ie	
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2. The workshop / Seminar was well organised.	5	4	3	2	
 The information and/or skill presented were relevant and useful. 	5	4	3	2	
4. The workshop increased my knowledge and skills.	-5-	4	3	2	
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5	4	3	2	
Overall, I am satisfied with this workshop.	5	4	3	2	





SEMINAR ON FOCUS AND SELF CONTROL

Semester 7th Date 24/06/18

1) Name <u>Alakash Tyagi</u> 2) Roll No 152				Walle	
Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies					
5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow A	verag	e	
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SEMINAR ON FOCUS AND SELF CONTROL

Branch CS Semester 7^{HI} Date 24-6-18

circle the number that applies 5= Excellent	erage 1= l		nt. Plea Averag		
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		5) 4	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Date 24-6-18

Semester____7^{HV}

1) Name Delchad Phamad 2) Roll No 1623100901

	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average Answer's				
	Questions		Ar	swer's		_
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3.	The information and/or skill presented were relevant and useful.	5	L4	3	2	
4.	The workshop increased my knowledge and skills.	5	14	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	L3	2	
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SEMINAR ON FOCUS AND SELF CONTROL

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with ea circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average		
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	2 3	2





SEMINAR ON FOCUS AND SELF CONTROL

Branch _ C & Semester 9th Date 24-6-18

1) Name Vicky Sengare 2) Roll No 1523100067

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	elow A	Average	2	
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5.	The presenter(s) provided adeq atisfactorily.	uate time fo	or question and	i 5	4	3	2	
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Director R.D. Engineering College Duhai, Ghaziabad



SEMINAR ON FOCUS AND SELF CONTROL

Branch <u>CE</u> Semester 7th

	3=Good 2=Average	1= Be	IOW A	verage	٢	
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4. The workshop increased my knowl	edge and skills.	5	(4)	3	2	
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6. Overall, I am satisfied with this wo	rkshop.	5	4	3	2	

R.D. Engineering College Duhai, Ghaziabad

SEMINAR ON FOCUS AND SELF CONTROL

Semester 9th

1) Name Sumay Kuman bharati 2) Roll No 1523100063

Branch ____ C.E

5= Excellent	4= Very good	3=Good	2=Average	1= Bel	ow A	verage	2	
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SEMINAR ON FOCUS AND SELF CONTROL

Branch ____ C Semester Th Date 24-6-18

2) Roll No 1523/00059

1) Name Shivano tyagi

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6. Overall, I am satisfied with this workshop.	5 3 2

R.D. Engineering College Duhai, Ghazlabad

SEMINAR ON FOCUS AND SELF CONTROL

Branch ___ C& Semester 7+10 Date 24-6-18

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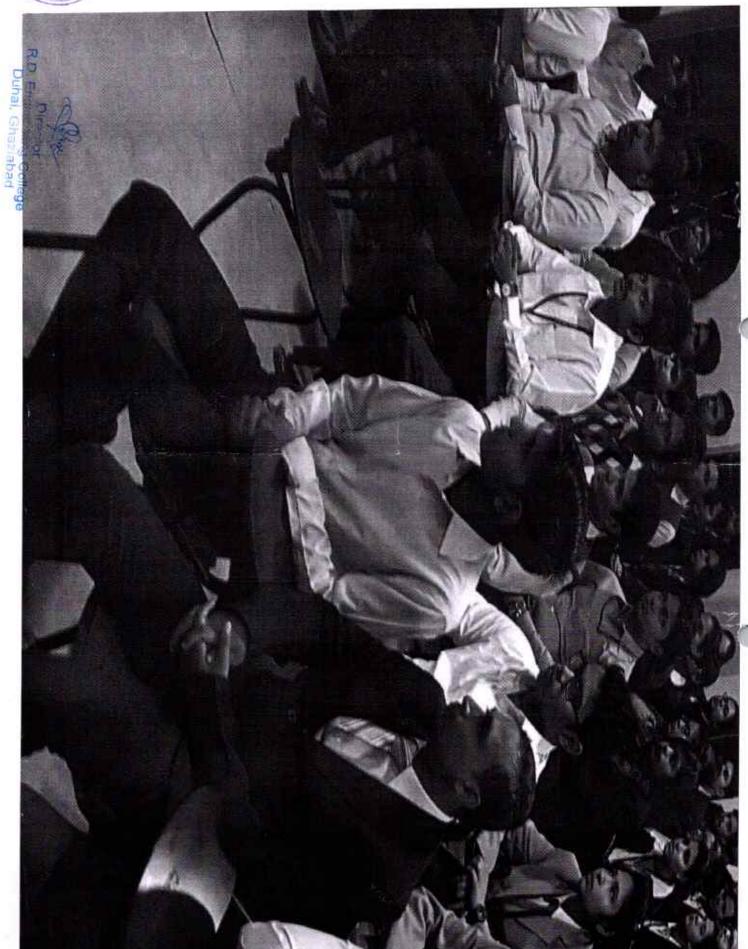
R.D. Engineering College Duhal, Ghazithad

SEMINAR ON FOCUS AND SELF CONTROL

1) Name Rish clob Numar manuage 2) Roll No 19 Please respond to the following Statements by using the 5 prindicate the extent to which you agree or disagree with each circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average	ooint re h state	ating ement low A	scale t t. Pleas verage	e e	
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4. The workshop increased my knowledge and skills.	5	(4)	3	2	1
 The presenter(s) provided adequate time for question and answer them satisfactorily. 	0	4	3	2	1
6. Overall, I am satisfied with this workshop.	5	4	3	2	1

R.D. Engineering College Duhai, Ghaz ahad





RD ENGINEERING COLLEGE NAAC CRITERIA –5.1.2

(Capacity building and skills Initiatives)

MCA Department

Session: 2018-2019

Topics: Yoga Session

Date: 21/06/2019



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 21st June 2019 at 7:00am. Interested students are requested to attend program and benefits from the same.

Faculty coordinator for above program is Mr. Rakesh Gupta. Contact him for any further queries or difficulties.

Proc. Ashitosh Pradhan (Head, MCA)

CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board

R.D. Engineering College Duhai, Ghaziabad

Website: www.rdec.in

Department of MCA

Session 2018-2019 REPORT OF YOGA SESSION CONDUCTED FOR MCA STUDENTS

Topic: Yoga Session

Speaker-: Mr. Vivek Bhardwaj

Date: 21/06/2019 Time: 7:00 AM Venue: Ground 1

Approximate 62 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.

 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.

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.

 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

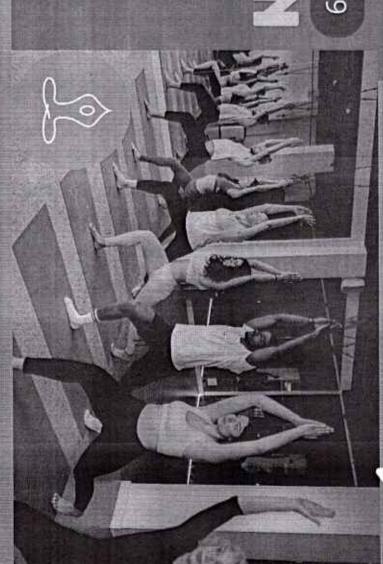


ENGINEERING COLLEGE

DATE -21/06/2019

YOGA SESSION

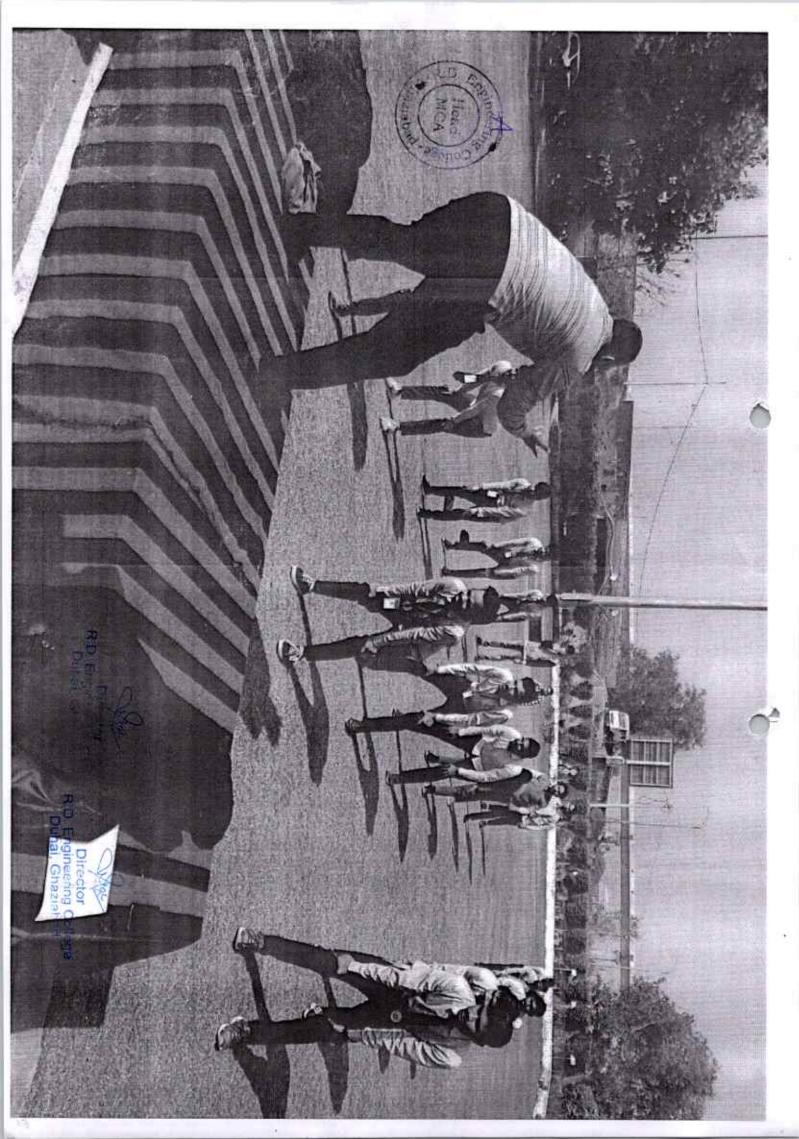
Our Yoga session is tailored for individuals of all experience levels, from beginners to advanced practitioners. Whether you're seeking to improve flexibility, find inner peace, or simply unwind after a long day, our session is the perfect





sanctuary for you

R.D. Engineering College Duhai, Ghaziahad



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 College R D. Engineering College Duhai, Ghaziabad





Invitation for Seminar

3messages

hodmca<hod_mca@rdec.in>

Fri, June14,2019 at 11:35 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>

Mon, June17,2019 at 2:17 PM

To:hod mca<hod_mca@rdec.in>

Dear Sir,

Thanks for your invitation.

I will be available for the seminar on June 21, 2019 . Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj [Quotedtexthidden]

> Director R.D. Engineering College Duhai, Gnaziabad



ATTENDANCE OF MCA STUDENTS PARTICIPATED IN YOUR SESSION ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 21/06/19

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R.D. Engineering College Duhal, Ghaziabad



Yoga Exercise

Branch _	MCA	Semester_	4 74	Date_	21	06	/19	
1) Name	ARDUL	KALAM	2) Roll No	18:	13	149	102	
Please i	espond to th	e following Stat	ements to indicate	the ev	tent	tou	hich w	

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

O.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	U			
2	The breathing exercises I learned to calm me were effective.		<u></u>		
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 im 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:	Y	ES	NC)





Yoga Exercise

2) Roll No 18 23114902

Semester uth sen

Branch MCA

8 other.make circle one:

1) Name Any chandela

No	Questions	A great deal	Moderately	A little	Not at all
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2	The breathing exercises I learned to calm me were effective.	1			
3	I will use these breathing exercises to help me in my daily life.	1			
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5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.		V		
	I would recommend this yoga class to	6	-		27

R.D. Engineering College Duhai, Ghaziabad



NO

(YES)

Yoga Exercise

Semester

	Please respond to the following Statements to agree or disagree with each statement. Plapplies				
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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 im my daily life.				l.
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:	(Y	ES	NO)





Yoga Exercise

Branch _	MCA	Semester	4 ⁷⁴	Date_	21/06/19
1) Name _	ARTI	TYAGI	2) Rol	No	323 114904
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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.				
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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:	(Y	ES	NO)





Yoga Exercise

Branch _	MCH	Semester_	y th	sem	Date 21	106/19	
1) Name _	DEEPAK			2) Roll No	18231	14906	e
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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.		0.00		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	(Y	ES	NO)





Yoga Exercise

2) Roll No 182311490

Semester

D.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 im 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:	(Y	ES	N)

R.D. Engineering College Duhai, Ghaziabad

Yoga Exercise

Branch _	MCA	_ Semester_ YTH	Date 2//06	/19
1) Name	DHEERAJ	MADAL	2) Roll No 1823114	908
Please i	espond 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 im my daily life.				8
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:	C	ES	N	o





Yoga Exercise

Branch _	MCH	Semester_	yh sen	Date_	21/	06/	19
1) Name	Himanshu	Bhandwag	2) Roll No	18	2311	49	09
Please r	espond to the	following State	ements to indicate t	he ex	ctent	to w	hich vou

agree or disagree with each statement. Please tick right the number that

applies

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





Yoga Exercise

	right the nur	nber th	
A great deal	Moderately	A little	Not at
th an	4		
me			
p me			
	A great	A great deal Moderately than me	th an Moderately little me

.No

4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			
5	I will use these meditation techniques im 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:	(Y	ES	NO





Yoga Exercise

Branch	MCA	Semeste	r_ 4TH		Date_	21/	06/20	019
1) Name	KAPIL	KUMAR		2) Roll No	_182	23114	1911	
		he following Sto						
agree	or disagree	with each stat	tement. Ple	ase tick	right	the n	umber	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 im my daily life.	J	_		
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:	(Y	ES	NO)





Yoga Exercise

Branch	MCA	_ Semester	y the som	Date_	21	06/19	
1) Name	KM Sa	k shi	2) Roll No	18	231	14913	
Please re	spond to the	following State	ments to indicate t	ha as	tont	to which .	

agree or disagree with each statement. Please tick right the number that

applies

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





Yoga Exercise

BranchMCA	Semester	th sen	Date	1106	119
1) Name km shin	mi tyogi	2) Roll No	- 182	23114	914
Please respond to the follo agree or disagree with a applies	owing Statement each statement.	s to indicate Please tick	the exten right the	t to whici number	h you that

.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 im my daily life.				San
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:	(Y	ES	NO)





Yoga Exercise

Branch _	MCA	Semester_	.474	Date 21/06/19
1) Name	MEGHA	QUPTA	2) Roll No	1823114915
				the extent to which you right the number that

n.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	V			
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 im 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:	(Y	ES	NO	o

Director R.D. Engineering College Duhai, Ghaziabad

Yoga Exercise

Branch _	M CH	Semester 4 Jun	sem	Date R10	6119	
1) Name	Mond	ALIF	2) Roll No	182311	49 16	
Please	respond to th	e following Statemen	ts to indicate	the extent	to which	you
agree o	or disagree v	vith 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.		1		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	V			P
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:	(Y	ES	N	o

R.D. Engineering College Duhal, Ghaziabad



Yoga Exercise

Branch	MCA	Semester	43	en	Date_	21	106	1201
1) Name	MOHD	Azom	khon	2) Roll No	18	2311	491	7
	pond to the fo disagree with							

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 im 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:	(Y	ES	NO)

Director

R.D. Engineering College
Duhai, Ghaziabad



Yoga Exercise

Branch	MCA	SemesterUT	H	Date_	21/06/20	19
1) Name _	MANDINI		2) Roll No	182	23114920	
		lowing Statement each statement.				

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	V	7		
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 im my daily life.	V			::"
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:	Á	ES	NO)





Yoga Exercise

Branch	MIM	Semester_	mes me y	Date 21 06 19
1) Name _	PiyusH		2) Roll No	1823114920

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
1	The activities in the yoga class left me with an overall feeling of wellness		(C)		
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 im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	1			
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:	(Y	ES	NO)





Yoga Exercise

Branch _	MCA	Semester	4 thren	Date_	21	06	12019
1) Name	Boghons	1 kunon	2) Roll No	18	23	114	922
Please r	espond to the follo	wing Stateme	nts to indicate	the ex	tent to	which	you

agree or disagree with each statement. Please tick right the number that applies

A great

Questions

A great

A Moderately little

D.No	Questions	A great deal	Moderately	A little	Not at
	The activities in the yoga class left me with an overall feeling of wellness				
	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.			vī.	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	(Y	ES	NC	o





Yoga Exercise

Branch _	MCA	Semester_ H	1	Date 21	06/2019	
1) Name _	PRASHANT	<u>UARSH</u> NEY	2) Roll No	18231	14923	
		lowing Statement				
agree o	r disagree with	each statement.	Please tick	right the	number th	at

applies

D.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	0			
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 im 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:	(Y	ES	NO)





Yoga Exercise

1828114924
the extent to which you right the number that

.No	Questions	A great deal	Moderately	A little	Not at
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.	V			
3	I will use these breathing exercises to help me in my daily life.		1		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		_		
5	I will use these meditation techniques im my daily life.	V			
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:	(Y	ES	NC)





Yoga Exercise

Branch	MCP		Semester	4	th So	2n	Date_	21	06/	2079
1) Name	Sug	pni-	l ger	ig	2) (Roll No	_1.	829	3114	928
Please resp agree or a pplies										

).No	Questions	A great deal	Moderately	A little	Not at
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 im 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:	(Y	ES	NO)



Yoga Exercise

Branch _	MCA	Semester_	4 14		Date	21	106	12019
1) Name	SWEETY			2) Roll No				

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
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 im my daily life.				S.I
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:	(Y	ES	NC)



Yoga Exercise

Branch	MCA	Semester	u m	Sem	Date_	21	00/19	
1) Name _	Ujjwal	Dhami ga		2) Roll No		8 2	311492	9
		e following Sta						
agree or	r disagree v	vith each state	ement.	Please tick	right	the	number	that

applies

.No	Questions	A great deal	Moderately	A little	Not at
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.		V		
3	I will use these breathing exercises to help me in my daily life.		1		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	Y	ES	NC)





Yoga Exercise

Branch	MCA	Semester	Ч	fem	Date	21	06	2019
1) Name _	Vaish	Li.		2) Roll	No/_			

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
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.	<u></u>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	(Y	ES	NO)



Yoga Exercise

Branch	MCA	Semester 4 TH		Date 66	21/06/2019
1) Name	VEENAM			1823114	
Please res	spond to the fo	llowing Statements each statement. I	to indicate t	he extent t	o which you

applies

D.No	Questions	A great deal	Moderately	A little	Not at
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 im my daily life.				Air .
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:	Y	ES	(NC	





Yoga Exercise

Branch	MCA	Semester67	4	Date 21/0	06/2019	7
1) Name _	ARDUL	•	2) Roll No	172311	4901	
		llowing Statement				
agree or	disagree with	each statement.	Please tick i	right the	number	that

applies

.No	Questions	A great deal	Moderately	A little	Not at
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.		W		
5	I will use these meditation techniques im my daily life.				:30
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.	44			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NC	o



Yoga Exercise

Branch _	MCA	Semester_	6 M sim	0	Date_2/	106/20	19
1) Name _	Anida Kun	ani	2)	Roll No _	17-231	14902	
	espond to the fo						
agree o	r disagree with	each state	ment. Please	tick rig	ght the	number	that

applies

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



Yoga Exercise

Branch	MCA	Semester	6 th cen D	ate_21/06/2019
1) Name _	Anghed	2 tyagi	2) Roll No	1723114904
				e extent to which you
agree or applies	disagree with	each statement.	Please tick rig	ht the number that

.No	Questions	A great deal	Moderately	A little	Not at
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 im 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:	(4	ES	NO	o



Yoga Exercise

Branch	MCA	Semester_ 6 TH		Date 21/	06/2019	Ř ·
1) Name _	ARPANA	TYAYL	2) Roll N	0_17231	14905	
		following Statement th each statement.				

applies

7 be helpful in my everyday life.

8 other.make circle one:

I would recommend this yoga class to

A great A Not at .No Questions deal Moderately little all The activities in the yoga class left me with an overall feeling of wellness The breathing exercises I learned to calm me were effective. I will use these breathing exercises to help me 3 in my daily life. The yoga postures and stretching exercises I 4 learned reduced the stiffness in my body. I will use these meditation techniques im my 5 daily life. I will use these yoga postures and stretching 6 exercises in my daily life. In general what I have learned in this class will

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NO

Yoga Exercise

Branch MCA	Semester 6th sim	Date 21/06/2019
1) Name <u>Grayatai</u>	2) Roll No	1723114309
	wing Statements to indicate t	
agree or disagree with e	ach statement. Please tick i	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.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.		V		10-
6	I will use these yoga postures and stretching exercises in my daily life.	1			
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:	(Y	ES	NO)

R.D. Engineering College Duhal, Ghaziabad



Yoga Exercise

Branch MCA	Semester6	sem	Date_2/	106/2019
1) Name of Good	shaft	2) Roll No	122	2114910
Please respond to the fo agree or disagree with applies	llowing Statement each statement.	s to indicate i	the extent right the	t to which you number that

.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 im my daily life.				k)
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:	(YI	ES	NC)





Yoga Exercise

Branch _	MCA	Semester 6 7H	Date_2//06/19
1) Name _	JYOTI		2) Roll No 1723114911
Please re	espond to the foll	owina Statements t	a indicate the extent to which you

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
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.		<u></u>		
5	I will use these meditation techniques im my daily life.				4
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:	(Y	ES	NO)





Yoga Exercise

Branch .	MA	Semester_	6 th sim	Date 21/06/19
1) Name	KM . NEH	1A Naresh	2) Roll No	17 23114914
				the extent to which you
agree (or disagree v	with each state	ment. Please tick	right the number that

applies

No	Questions	A great deal	Moderately	A little	Not at
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.		V		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.		~		-
6	I will use these yoga postures and stretching exercises in my daily life.	V			
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:	(Y	ES	NO	ס



Yoga Exercise

Branch	MCA	Semester_	か出	-Sen	Date 2)	106/19	
1) Name	Crist	ana ke	nt	2) Roll No	12-2	3/149	15
	spond to the fol	lowing State	ments to	indicate	the exten	t to which	you
agree or applies	disagree with	each stater	nent. Ple	ase tick	right the	number	that

.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.		7		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	(Y	ES	NO)





Yoga Exercise

Branch	MOA	Semester_ 6 TH	Date 21/06/19
1) Name _	MADHAY	BHARDWAJ	2) Roll No 1723114916

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
1	The activities in the yoga class left me with an overall feeling of wellness	V			
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.	<u></u>			
5	I will use these meditation techniques im my daily life.				5
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:	Y	ES	NO)



Yoga Exercise

Branch	MIA	Semester	6 M sem	Date_21/06/19
1) Name	Manish	show ma	2) Roll No	17231149 17
Please res	spond to the disagree w	following Stater ith each statem	nents to indicate t ent. Please tick	the extent to which you right the number that

applies

.No	Questions	A great deal	Moderately	A little	Not at
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.		11		
5	I will use these meditation techniques im 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:	(Y	ES	NO)



Yoga Exercise

Branch M CP Semes	ster_ 6 th Sem Date_ 21/06/19
1) Name Megha	_ 2) ROII NO 1723114918
Please respond to the following:	Statements to indicate the extent to which you
agree or disagree with each stapplies	tatement. Please tick right the number that

.No	Questions	A great deal	Moderately	A little	Not at
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 im my daily life.	V			2
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:	(Y	ES	NO)



Yoga Exercise

Branch	MCA	Semester_ 67H	Date 21/06/19
1) Name _	NAVCEN	SAINI	2) Roll No 1723114919
Please re	spond to the follo	wing Statements to	o indicate the extent to which you

agree or disagree with each statement. Please tick right the number that applies

A great
Questions

A great

A Moderately little

.No	Questions	A great deal	Moderately	A little	Not at
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.	<u></u>			
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 im my daily life.	U	-		
6	I will use these yoga postures and stretching exercises in my daily life.	V			
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:	(Y	ES	NO)





Yoga Exercise

Branch	MCA	Semester	6th	ī	Date 2/	106/19	
1) Name	Meeter K.	umanj	2)	Roll No _	1711	17 23 114	1920
Please res	spond to the fo	ollowing State	ments to ind	licate th	e extent	t to which	h you
agree or	disagree with	each staten	nent. Please	tick rig	ght 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.		V		
5	I will use these meditation techniques im 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:	(Y	ES	NO)





Yoga Exercise

	1) Name Semester 6 th , Please respond to the following Statements to agree or disagree with each statement. Please	to indicate		* 49 ; which y	ou
ю	Questions	A great deal	Moderately	A little	Not at
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.				ı
3	I will use these breathing exercises to help me in my daily life.				
	The yoga postures and stretching exercises I				

.No

4 learned reduced the stiffness in my body.

8 other.make circle one:

I will use these meditation techniques im my

5 daily life. I will use these yoga postures and stretching 6 exercises in my daily life. In general what I have learned in this class will 7 be helpful in my everyday life. I would recommend this yoga class to NO

R.D. Engineering College Duhal, Ghaziabad



Yoga Exercise

Branch _	MCA	Se	mester	1	Date	21	106/1)
1) Name	NOHA	SINGH		2) Roll N	0_17	231	14922	
		the following						
agree d	or disagre	e with each	statement.	Please tick	right	the	number	that

applies

No.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.		<u></u>		
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 im 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:	Y	ES	NO	o o



Yoga Exercise

Branch _	MCA	Sem	ester6 d	hsa	_	Date_ &	21/06/1	9
1) Name _	Nisha	Kashyop	_	2) F	Roll No _	17 23	11 49 23	
Please re	espond to th	e following	Statemen	ts to indi	icate th	ne exte	nt to whic	h you
agree o	r disagree v	with each	statement	. Please	tick ri	ght the	e 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 im my daily life.				7
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:	(Y	ES)	NO	o





Yoga Exercise

Branch	MCA	Semester	, th Sem	Date_2/	106/19
1) Name	Pallori	8 hingha	€ 2) Roll No	1723	114924
Please re	spond to the follo	wing Statemer	ts to indicate	the exten	t to which you
agree or applies	disagree with e	acn statement	. Please tick	right the	number that

.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		4			
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 im my daily life.		/			
6	I will use these yoga postures and stretching exercises in my daily life.	\vee				
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:	(Y	ES	NO)	



Yoga Exercise

Branch	MCA	Semester	GTH		Date 21/06/19	
1) Name	PINKY	RHARTI		2) Roll No	1723114925	

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.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.			- 1	11
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		V		
5	I will use these meditation techniques im my daily life.	V			N.
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:	Y	ES	NO	ĵ)



Yoga Exercise

Branch	MCA	Se	mester 6 M	so m	Date	21	06/19)
1) Name _	Pui	уа		2) Roll	No_17	23/1	4926	
			ng Statement					
agree o	r disagree	with each	statement.	Please tid	ck right	the	number	that

applies

○ .∧	lo	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 im my daily life.	~			
	6	I will use these yoga postures and stretching exercises in my daily life.		<u></u>		
	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:	Y	ES	NO)





Yoga Exercise

Branch	mcA	Semester	Sem	Date 21/06/19
1) Name	Priya	Sharena	2) Roll No	1723114927
				he extent to which you right the number that
			1025 50	

.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 im 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:	(Y	ÈS	NO	0





Yoga Exercise

Branch	MCA	Semester 6TH	Date 21/66/15
1) Name	PRIYANKA	RANI	2) Roll No 1723/14928

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.		V		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	Y	ES	NC)





Yoga Exercise

Branch	MCA	Se	mester6 Ph	som	Date_	21/06/	19
1) Name	Rayesh	Ruman		2) Roll No	11:	2311492	29
Please	respond to t	he followin	g Statements	to indicate	the ex	ktent to wh	nich you
agree	or disagree	with each	statement.	Please tick	right	the numb	er 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.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		1		
5	I will use these meditation techniques im 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.	V			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	0



Yoga Exercise

Branch	MCA	Semester	6+	4 sen	Date 21/06/13
1) Name _	Rashmi.	·		2) Roll No	1723114931
Please re	spond to the follo	wina State	ments	to indicate t	the extent to which you

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)	
3	I will use these breathing exercises to help me in my daily life.		<u> </u>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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:	(Y	ES	NO)





Yoga Exercise

Branch	MCA	Semester	GTH	Date2 // 0.6//_9
1) Name _	RITU			2) Roll No 1723114932
Please re	spond to the fol	lowina State	ments to	indicate the extent to which you

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

n.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	V			
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	C			
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:	Y	ES	NO	



Yoga Exercise

BranchM C	ff Semester	6 th som	Date 2//06/19
1) NameS	at xendar skingh	2) Roll No	17 2311 4935
			the extent to which you
agree or disc	agree with each state	ement. 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.		1		
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 im 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:	Y	ES	NO)



Yoga Exercise

Branch	mcA	Semester	6th Sen	Date_21/0.6/19
1) Name	Seema		2) Roll No	1723/14938
				the extent to which you
agree or	disagree with	each stateme	nt. Please tick	right the number that

applies

D.No	Questions	A great deal	Moderately	A little	Not at
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 im my daily life.				341
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:	(Y	ES	NO	o .





Yoga Exercise

Branch MCD	Semester67	TH Date	21/06/19
1) NameSUHAIL	KHAN	2) Roll No 17:	23114938
Please respond to the			
agree or disagree wit	th each statement.	Please tick right	the number that

O.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	1			
2	The breathing exercises I learned to calm me were effective.			:4*:	
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 im my daily life.				<u>-</u>
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.	<u></u>			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO)





Yoga Exercise

Branch	MCA	Semester_	6th sem	Date 21/06/13
1) Name	3 wali singh		2) Roll No	1723114941
				the extent to which you right the number that

D.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.	1			
5	I will use these meditation techniques im my daily life.				, i=
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:	(Y	ES)	NO)





Yoga Exercise

Branch	MCA	Semester	6-sem	Date 21/06/15
1) Name _	Swafi	toman	2) Roll No	1723114942
Please re agree or applies	spond to the fo disagree with	llowing Statemer each statemen	nts to indicate c. Please tick	the extent to which you right the number that

].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 im my daily life.	~			0
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:	(Y	ES	NO)



Yoga Exercise

Branch _	MOR	Semester	674	_ Date 21/06/15
1) Name	SWATI	TYALL	2) 1	ROII NO 1723 114948
Please r	esnand to the	following State	ments to ind	icate the extent to which way

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

D.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.			<u> 1</u>	
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 im 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:	(Y	ES	NO)





Yoga Exercise

Branch	MCA	Semester	6 th 2	Date_21/06/19
1) Name	vaishali		2) Roll No	17231149 44

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
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.	1			
. 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.	1			
5	I will use these meditation techniques im my daily life.		V		2
6	I will use these yoga postures and stretching exercises in my daily life.	V			
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:	(Y	ES)	NO	o



Yoga Exercise

1) Name Vi pin Chocken Please respond to the following Statements to agree or disagree with each statement. Places	to indicate		1149 which y	ou
Questions	A great deal	Moderately	A little	Not at
The activities in the yoga class left me with an overall feeling of wellness				
The breathing exercises I learned to calm me were effective.				
I will use these breathing exercises to help me in my daily life.				

J.No

2

3

5 daily life.

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

The yoga postures and stretching exercises I

I will use these meditation techniques im my

4 learned reduced the stiffness in my body.



Yoga Exercise

Branch _	MCA	Semester_	814		Date_~	1/06/19	
1) Name VIPUL CHOUDHARY		2) Roll No 1728114948					
Please r	esnand to the f	allowing State	manta ta				

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

O.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	V			
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.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	/			
5	I will use these meditation techniques im 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.	V			
8	I would recommend this yoga class to other.make circle one:	ly	ES	NO)



Yoga Exercise

Branch	MCA	Semester	6th sen	Date_21/06/19
1) Name _	v i crinder a	Kuman	2) Roll No	1723114949
Please re agree or applies	spond to the fo disagree with	llowing Stater each statem	ments to indicate t ent. Please tick i	the extent to which you right the number that

D.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 im my daily life.	1			_=
6	I will use these yoga postures and stretching exercises in my daily life.		<i>></i>		
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:	Y	ES	NO)





Yoga Exercise

s.No

6

7

I would recommend this yoga class to

8 other.make circle one:

Please respond to the following Statements to	to indicate	the extent to	which yo	ou
Questions	A great deal	Moderately	A little	Not at
The activities in the yoga class left me with an overall feeling of wellness				
The breathing exercises I learned to calm me were effective.				
I will use these breathing exercises to help me in my daily life.		7		
The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
I will use these meditation techniques im my daily life.				
I will use these yoga postures and stretching exercises in my daily life.				
In general what I have learned in this class will be helpful in my everyday life.				
	Please respond to the following Statements is agree or disagree with each statement. Papplies Questions The activities in the yoga class left me with an overall feeling of wellness The breathing exercises I learned to calm me were effective. I will use these breathing exercises to help me in my daily life. The yoga postures and stretching exercises I learned reduced the stiffness in my body. I will use these meditation techniques im my daily life. I will use these yoga postures and stretching exercises in my daily life.	Please respond to the following Statements to indicate agree or disagree with each statement. Please tick applies Questions A great deal The activities in the yoga class left me with an overall feeling of wellness The breathing exercises I learned to calm me were effective. I will use these breathing exercises to help me in my daily life. The yoga postures and stretching exercises I learned reduced the stiffness in my body. I will use these meditation techniques im my daily life. I will use these yoga postures and stretching exercises in my daily life. In general what I have learned in this class will	Please respond to the following Statements to indicate the extent to agree or disagree with each statement. Please tick right the nur applies Questions	Questions A great deal Moderately Ittle The activities in the yoga class left me with an overall feeling of wellness The breathing exercises I learned to calm me were effective. I will use these breathing exercises to help me in my daily life. The yoga postures and stretching exercises I learned reduced the stiffness in my body. I will use these meditation techniques im my daily life. I will use these yoga postures and stretching exercises in my daily life. In general what I have learned in this class will





NO

YES

Yoga Exercise

Branch _	MCA	Semester	ETH	Date_21	06/10
1) Name _	YASHU	AGGRAWAL	2) Roll No	17231	14953

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	V			
2	The breathing exercises I learned to calm me were effective.	V			
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 im 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:	(Y	ES	NO)





R.D. ENGINEERING COLLEGE DEPARTMENT OF MBA

(Capacity building and skills Initiatives)

Session- 2018-2019

Program

LIFE SKILL

Topics

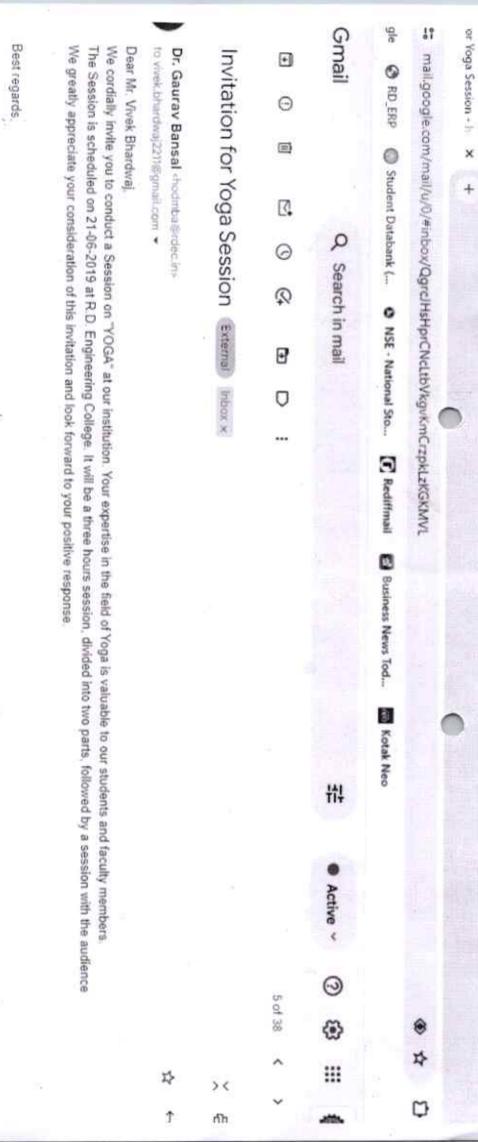
SESSION ON YOGA

Date

21/06/2019

Director R.D. Engineering College Duhai, Ghaziabad







R.D. Engineering College Duhai, Ghaziabad

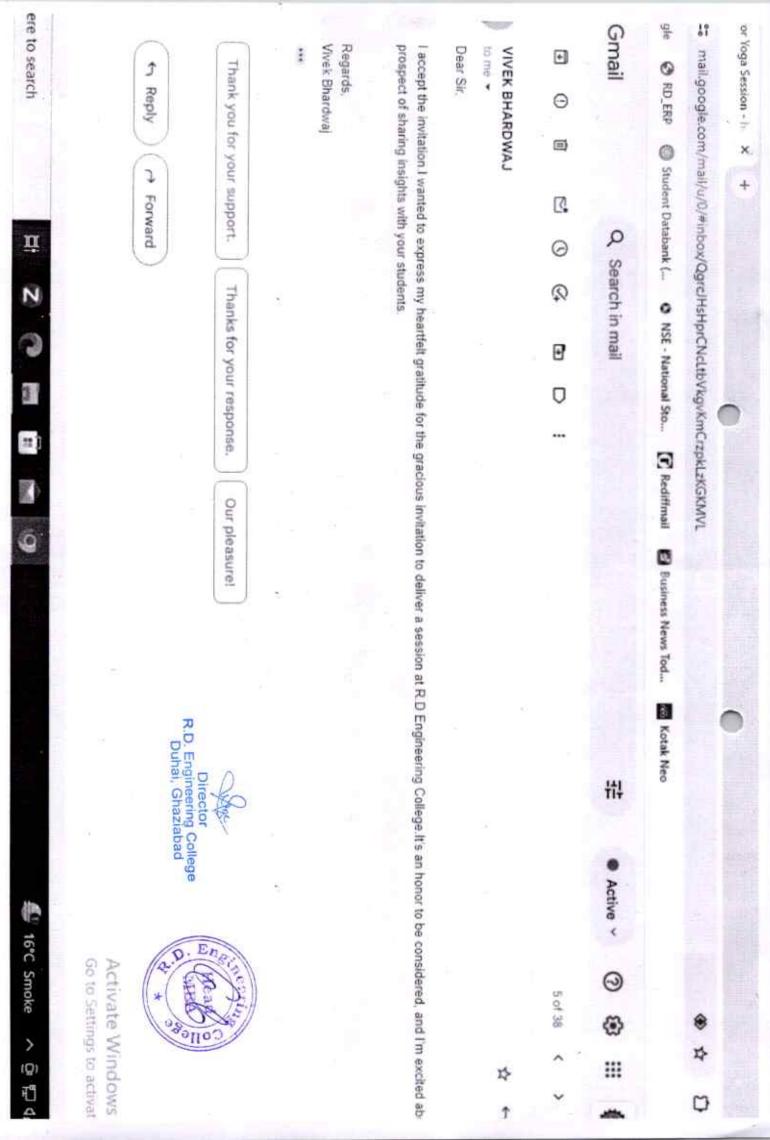
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R.D. Engineering College, Duhai, Ghaziabad(U.P.)

Dr. Gaurav Bansal

Head & Professor MBA Department





R.D. ENGINEERING COLLEGE

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

Lucknow

Under the aegis of IQAC

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 21/06/2019 at 10:00 am in A block seminar hall.

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



VIVEK BHARDWAJ

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

OBJECTIVES

- 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

- Diploma in pharmacy(two years)
 PUSA Polytechnic
- 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

- 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.
- 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, Moraji 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

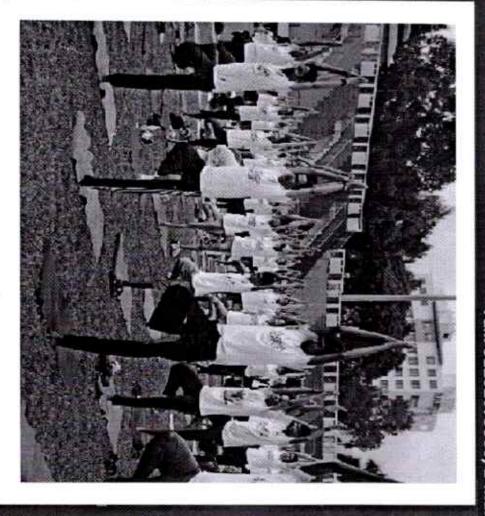
Contact Numbers

09650933755, 01122509898





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



SESSION ON YOGA



ctor College

Mr. VIVEK BHARDWAJ

dui

VENUE: SEMINAR HALL(A-BLOCK)

TIME: 10:00AM

DATE:21/06/2019



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 2018-19

Report of LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

SPEAKER: Mr. Vivek Bhardwai

-DATE: 21/06/2019

TIME: 10:00 am-01:00pm

VENUE: A Block Seminar hall

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 OUTCCOMES:-

ering

- 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

EVENT COORDINATOR

(SIGNATURE)

(SIGNATURE)

		ngineering College, Ghaziabad (Yoga Session	
		MBA- I Year (2018-19)	
			Date-21/06/2019
S. No.	Roll No.	Student Name	Signature
1	1823170001	AAKASH TYAGI ٨	A15/201
2	1823170002	AAKIL MALIK	AR
3	1823170003	ALTAMASH .	Andl
4	1823170004	AMRITA SHRIVASTAVA	
5	1823170005	ANCHAL TYAGI	unutal
6	1823170006	ANU SHARMA .	Anu_
7	1823170007	ARYAN •	Aguyan
8	1823170008	BHAWANA TOMAR	Should
9	1823170009	CHARU SINGH **	Cheways
10	1823170011	DEEPAK KUMAR•	Seesel
11	The state of the s	DEEPAK SINGH	AR
12		INA SINGH .	Ina
13	1823170016	JATIN SINGHAL®	Simil
14		KANIKA GOEL	Qan 1 =0
15		KM NANCY .	Nancy
16		KM BHAWNA GAUTAM	Aboute
17	1823170020		AR
18	1823170021	KM SHIKHA •	Shocka
19		KM SWADHA SINGH-	Which.
20	1823170023		1
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22		KM. SOONAM •	Soman
23		KM, BABITA RANI	Quelie
24		KM. JYOTI SINGH •	100 1000
25		KM. PRIYA KARDAM	Theh
26		KM. RITU SAINI	Parolom.
27		KM. SHIVANI •	Shuani
28	1823170031		Komal
29		KUMARI LOKESH	
30		KUMARI SHALU RANI	Lubub
31		MANSHA BATRA	Sholu
32		MANSI TYAGI	Batra
33		MOUIT DAL	Furth
34		MONIKA SINGHAL •	Monita
35	1823170037	The state of the s	4
36		NEHA KUMARI	AB
37		NIKITA SHARMA	Devery
197.7	CONTROL SECTION AND ARRESTS.	PATHAK DEEP KAMAL	senter!
38		POOJA TYAGI	AR



40	1823170043	POONAM KUMARI	Furey
41	1823170044	PRIYA	OAB
42	1823170045	PRIYANKA	Durell
43	1823170046	PRIYANKA	town it
44	1823170047	RINKLE •	Linkle
45	1823170048	SADHANA GAUTAM	Seuter
46	1823170049	SAGAR TYAGI	AB
47	1823170050	SAINTI SHARMA	Sant
48	1823170051	SAKSHI GUPTA	Supre
49	1823170054	SHIPRA PARASHER	Deserte
50	1823170057	SIDDHARTH KUMAR	AR
51	1823170058	VED PRAKASH	All Krak
52	1823170059	VED PRAKASH	AR.
53	1823170060	YOGENDRA •	Mag day





YOGA SESSION

		Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	tatements l agree or dis	by using the 5 agree with ea	point ch stat	rating emen	scale it. Plea	to se	
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow i	Average	e	
)			Questions				A	nswer's	5	
	1.	Workshop / Se meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were i	elevant and	5	4) 3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am sat	isfied with this ses	ssion.		(5)) 4	3	2	1
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YOGA SESSION

Semester

Branch

	1) Name Yogendara 2) Roll No 18	3231	100	60		
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point ch sta	rating temer	scale nt. Pled	to ise	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	ie	
2	Questions		Α	nswer	's	
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	(2)	1
2.	The workshop / Seminar 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 workshop 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
	08	500	iAnd (And	100		

YOGA SESSION

2) ROII No 1823170037

R.D. Engineering College Duhai, Ghaziabad

Semester

Singhal

Branch _

		Please respond to indicate the extended circle the number	to the following S ent to which you o er that applies	itatements I agree or dis	by using the 5 agree with ead	point r ch st ate	ating emen	scale t. Plea	to se	
_		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	Averag	e	
1			Questions				Α	ıswer'	s	
	1.	Workshop / Sen meet.	ninar objectives v	vere stated	clearly and	5 (4	3	2	1
	2.	The workshop / S	Seminar was well	organised.		5	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were r	elevant and	(3)	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	(5)	4	3	2	1
	5.	The presenter(s) answer them sati	provided adequa sfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am satis	sfied with this ses	sion.		5	4	(3)	2	1

YOGA SESSION

Date 21/06/2019

Director Engineering College Duhai, Ghaziabad

2) Roll No 1823/70036

Branch MBA

1) Name Mohit Pal

	5= Excellent	4= Very good	3=Good	2=Average	1= E	Below.	Averag	ge	
_		Questions				Α	nswer	's	
1,	Workshop / Se meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	1
3.	The information useful.	and/or skill prese	nted were i	relevant and	5	4	3	2	1
4.	The workshop in	icreased my know	ledge and s	kills.	5	4	(3)	2	1
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	(4)	3	2	1
6.	Overall, I am sati	sfied with this ses	sion		5	(4)	3	2	1

YOGA SESSION

Semester

	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow A	verag	e	
	Questions		An	swer'	5	
1.	Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	
2.	The workshop / Seminar was well organised.	5	4	3	2	Aveca
3,	The information and/or skill presented were relevant and useful.	5	4	3	2	200
4.	The workshop increased my knowledge and skills.	5	4 (3	2	0.6%
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	(5)	4	3	2	200.000
-	Overall, I am satisfied with this session.	5				



YOGA SESSION

2) Roll No 1823170033

Semester

		Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	tatements i agree or dis	by using the 5 agree with ea	point ch stat	rating temen	scale t. Plea	to ise	
_		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	verag	ie	
3			Questions				Ar	swer'	s	
	1.	Workshop / Semeet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
	3.	The information useful.	and/or skill prese	ented were	relevant and	5	4	3	2	1
	4.	The workshop in	crea sed my kno w	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) provided adequalisfactorily.	ate time for	question and	(5)	4	3	2	1
	6.	Overall, I am sati	sfie d with this ses	ssion.		5	4	3	2	1

YOGA SESSION

2) Roll No

Semester

		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	je	
			Questions				Α	nswer	's	
	1.	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2	2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
9	3.	The information useful.	and/or skill prese	ented were	relevant and	5	4	3	2	1
9		The workshop in	ncreased my know	ledge a nd s	kills.	5	4	3	2	1
5		The presenter(s) provided adequatisfactorily.	ate time for	question and	0	4	3	2	1
6		Overall, I am sat	isfied with this se	ssion.		(5)	4	3	2	1

YOGA SESSION

2) Roll No 182317003

Semester

1) Name _ Shivani

	indicate the ext circle the numb	ent t o which you o er that applies	agree or dis	agree with <mark>ea</mark>	ch state	emer	it. Plea	se	
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low ,	Averag	е	
		Questions		11		Α	nswer'	S	
1	. Workshop / Se meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
2	. The workshop /	Seminar was well	organised.		5	4	3	2	1
3	. The information useful.	and/or skill prese	nted were	relevant and	5	4	3	2	1
4	. The workshop in	ncreased my know	ledge and s	kills.	5	4	3	2	1
5	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	(3)	2	1
6.	Over all, I am sat	isfied with this ses	ssion.		5 (4	3	2	1

YOGA SESSION

2) Roll No 1823170028

Kardam

Branch MBA

1) Name Pariya

	5= Excellent 4= Very good 3=Good 2=Av	erage/	1= Be	low,	Averag	je	
	Questions			Α	nswer	's	
1.	Workshop / Seminar objectives were stated clearly meet.	and	5 (4	3	2	
2.	The workshop / Seminar was well organised.		5	4	3	2	
3.	The information and/or skill presented were relevanuseful.	nt and	5	4	(3)	2	
4.	The workshop increased my knowledge and skills.		5	4	(3)	2	_
5.	The presenter(s) provided adequate time for questi answer them satisfactorily.	on and	(5)	4	3	2	
6	Overall, I am satisfied with this session.		(5)	1	3	2	

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No 1823/70027

Semester____

Lyoti Singh

Branch MRA

	5= Excellent 4= Very good 3=Good 2=Av	erage 1	= Bel	low A	erage/	2	
	Questions			Ans	wer's		
1.	Workshop / Seminar objectives were stated clearly meet.	and	5	4	3	2	1
2.	The workshop / Seminar was well organised.		5	4	3	2	1
3.	The information and/or skill presented were relevanuseful.	it and	5	0	3	2	1
4.	The workshop increased my knowledge and skills.		5	4	3	2	1
5.	The presenter(s) provided adequate time for question answer them satisfactorily.	on and	3	4	3	2	1
6.	Overall, I am satisfied with this session.		5	4	(3)	2	1

Duhai, Ghaziabad

YOGA SESSION

2) Roll No 1823/100

Semester_____

Branch _MBA

1) Name KM Sooman

		Please respond indicate the extended circle the number	to the following S ent to which you o er that applies	tatements l agree or dis	by using the 5 agree with ead	point r ch state	ating emei	g scale nt. Plea	to ise	
•		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	е	
			Questions				Α	nswer'	s	
	1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop / :	Seminar was well	organised.		5	4	3	2	1
2	3.	The information useful.	and/or skill prese	nted were r	elevant and	(5)	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sat	provided adequa isfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am sati	sfied with this ses	ssion.		5	4	3	2	1

YOGA SESSION

2) Roll No_

Semester

Branch _MBA

1) Name

		Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with ea circle the number that applies					
•		5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	Averag	е	
7		Questions		A	nswer'	S	
	1.	Workshop / Seminar objectives were stated clearly and meet.	5 (4	3	2	1
	2.	The workshop / Seminar 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 workshop 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

YOGA SESSION

2) Roll No 1823/70022

Branch MBA

		indicate the extensions indicate the extensions in the second in the second indicate t	to the following S ent to which you o er that applies	tatements l agree or dis	by using the agree with	e 5 point each sta	rating temer	g scale nt. Plea	to	
		5= Excellent	4= Very good	3=Good	2=Averag	e 1= B	elow .	Averag	ie	
J			Questions				А	nswer'	s	
	1.	Workshop / Ser meet.	minar objectives w	vere stated	clearly and	5	4	3	2	1
11	2.	The workshop / :	Seminar was well	organised.	11	5	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were r	elevant and	5	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5) 4	3	2	1
=_ 5	5.	The presenter(s) answer them sat	provided adequa isfactorily.	te time for	question ar	nd 5	4	3	2	1
	6.	Overall, I am sati	sfied with this ses	sion.		5	4	3	2	1

YOGA SESSION

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow	Averag	е	
		Questions				Α	nswer'	s	
1.	Workshop / Ser meet.	minar objectives v	were stated	clearly and	5	4	3	2	
2.	The workshop /	Seminar was well	organised.		5	4) 3	2	
3.	The information useful.	and/or skill prese	ented were	relevant and	5	4	3	2	9
4.	The workshop in	icrea sed my know	ledge and s	kills.	5	4	3	2	
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	
	Overall, I am sati		II Difference		5		3	2	

YOGA SESSION

2) Roll No 1823/70 (

Semester /

Branch _MBA

	Please respond to the following Statements by us indicate the extent to which you agree or disagre circle the number that applies	sing the 5 re with eac	point i ch stat	rating emen	scale t. Plea	to	
	5= Excellent 4= Very good 3=Good 2=	Average	1= Be	low A	verag	e	
	Questions			Ar	swer'	S	
1.	. Workshop / Seminar objectives were stated clear meet.	rly and	5	4	3	2	1
2.	. The workshop / Seminar was well organised.		5	4	(3)	2	1
3,	. The information and/or skill presented were relevueseful.	ant and	5		3	2	1
4.	. The workshop increased my knowledge and skills.	u u	(5)	4	3	2	1
5.	The presenter(s) provided adequate time for quest answer them satisfactorily.	stion and	(5)	4	3	2	1
6.	Overall, I am satisfied with this session.		5	4	3	2	1
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YOGA SESSION

Semester_

Branch __MBA

	5= Excellent 4= Very good 3=Good 2	2=Average	1= B	elow.	Averag	ge .	
il .	Questions			Α	nswer	's	
1	. Workshop / Seminar objectives were stated cle meet.	early and	(5)	4	3	2	1
2	. The workshop / Seminar was well organised.		5	4	(3)	2	1
3	. The information and/or skill presented were rele useful.	evant and	5	(4)	3	2	1
4.	. The workshop increased my knowledge and skill	ls.	(5)	4	3	2	1
5.	. The presenter(s) provided adequate time for qu answer them satisfactorily.	restion and	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



Date 21/06/2019

2) Roll No 1823/10018

YOGA SESSION

2) Roll No 182317001 C

Semester____

Branch MBA

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow.	Averag	е	
		Questions				Α	nswer'	s	
1.	Workshop / Semeet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	ented were	relevant and	5	4	3	2	1
4.	The workshop in	ncreased my know	rledge and s	kills.	5	4	3	2	1
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4) 3	2	1
6	Overall, I am sat	isfied with this se	rcian		6) 4	3	2	1

YOGA SESSION

Semester_

Branch _MBA

		1) Name Singh 2) Roll No 16					
		Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point h sta	rating temer	scale nt. Plea	to	
1		5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	je	
0		Questions		Α	nswer	's	
	1.	Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	1
	2.	The workshop / Seminar 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 workshop 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	ating scale to ment. Please Ow Average Answer's 4 3 2 1 4 3 2 1 4 3 2 1	1	

YOGA SESSION

2) Roll No _/82

Branch

		indicate the exten	t to which you	statements l agree or dis	by using the 5 agree with eac	point ch sta	rating temer	scale nt. Plea	to ise	
		5= Excellent	4= Very good	3=Good	2=Average	1= B	Below ,	Averag	е	
J			Questions				Α	nswer'	s	
	1.	Workshop / Semi meet.	nar objectives v	vere stated	clearly and	5	(4)	3	2	1
	2.	The workshop / Se	minar was well	organised.		5	4	3	2	1
	3.	The information ar useful.	Questions Answer's Seminar objectives were stated clearly and 5 4 3 2 Top / Seminar was well organised. 5 4 3 2 Top increased my knowledge and skills. 5 4 3 2 Top increased my knowledge and skills. 5 4 3 2 Top increased my knowledge and skills.	1						
	4.		kills.	5	4	(3)	2	1		
	5.	The presenter(s) panswer them satisf	provided adequa factorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am satisf	ied with this ses	ssion.		(5)) 4	3	2	1

YOGA SESSION

	1) Name Charu Singh 2) Roll No 1	823	170	009		
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with ear circle the number that applies 5 = Excellent	point :h s ta	rating temer	scale nt. Plea	to	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	е	
,	Questions		A	nswer'	S	
1	 Workshop / Seminar objectives were stated clearly and meet. 	5	0	3	2	1
2	2. The workshop / Seminar 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 workshop 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
	S= Excellent 4= Very good 3=Good 2=Average Questions Workshop / Seminar objectives were stated clearly and meet. The workshop / Seminar was well organised. The information and/or skill presented were relevant and useful. The workshop increased my knowledge and skills. The presenter(s) provided adequate time for question and answer them satisfactorily.	neer				

YOGA SESSION

Date 21/06/2019

Branch MBA Semester

		1) Name Auyan 2) Roll No 19	823170007						
		Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	point	ratino	scale	to			
		5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	е			
9		Questions		Α	nswer'	S			
	1.	Workshop / Seminar objectives were stated clearly and meet.	(3)	4	3	2	1		
	2.	The workshop / Seminar 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 workshop 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		

YOGA SESSION

Semester

1) Name Any & hayma

Date 21/06/2019

2) Roll No 1823/70006

		Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	th each statement. Please
		5= Excellent 4= Very good 3=Good 2=Avera	age 1= Below Average
7		Questions	Answer's
	1.	Workshop / Seminar objectives were stated clearly and meet.	d 5 4 3 2 1
	2.	The workshop / Seminar was well organised.	5 4 3 2 1
	3.	The information and/or skill presented were relevant as useful.	
	4,	The workshop increased my knowledge and skills.	5 4 3 2 1
	5.	The presenter(s) provided adequate time for question a answer them satisfactorily.	and 5 (4) 3 2 1
	6.	Overall, I am satisfied with this session.	5 4 3 2 1





YOGA SESSION

Semester____

Sprivastava

Date 21/06/2019

Branch MBA

		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= Be	low A	Avera	ge	
9	_		Questions				ıΑ	nswer	's	
	1.	Workshop / Ser meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
	2.	The workshop / Seminar 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 workshop in	creased my know	ledge and sl	kills.	5	4	(3)	2	1
	5.	The presenter(s) answer them sat	provided adequa isfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am sati	sfied with this ses	ssion.		5) 4	3	2	1

YOGA SESSION

Date 21/06/2019

2) Roll No 1823170003

Branch MBA Semester

1) Name Altamash

		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	e 1= Below Average						
)		Questions	Answer's						
	1.	Workshop / Seminar objectives were stated clearly and meet.	5 4 3 2	1					
	2.	The workshop / Seminar was well organised.	5 4 3 2	1					
8	3.	The information and/or skill presented were relevant and useful.	5 4 3 2	1					
)	4.	The workshop increased my knowledge and skills.	5 4 3 2	1					
0000	5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 <u>3</u> 2	1					
No. of the	6.	Overall, I am satisfied with this session.	5 4 3 2	1					

YOGA SESSION

2) Roll No 1823 170 001

Semester

Branch __MBA

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow i	Averag	je.	
	Questions					A	nswer	's	
1.	Workshop / Se meet.	minar objectives v	vere stated	clearly and	(5)	4	3	2	30.0
2.	The workshop /	The workshop / Seminar was well organised.					3	2	-
3.	The information useful.	and/or skill prese	nted were	relevant and	. 5	4	(3)	2	0000
4.	The workshop in	5	(4)	3	2	3			
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	0.00
5	Overall, I am sat	isfied with this see	- 1%		0	4	3	2	

		ineering College, Gh Yoga Session	
		MBA- II YEAR (2018-19)	
		1	Date-21/06/2019
S.No.	Roll No.	Student's Name	Signature
1	1723170001	AARTI	jame
2	1723170002	ABHINAV	ADD
3	1723170003	AKANSHA NIRWAN	Akoustr
4 .	1723170005	ANCHIT KARDAM	Abelit
5	1723170006	ANUJ KUMAR	Any em
6	1723170007	ARPIT TYAGI	DO CHE
7 ,	1723170008	ATUL KUMAR	Must .
8	1723170009	BHARAT PATHAK	Blance
9	1723170010	BHARTI	DR
10	1723170011	CHETAN KUMAR	flictions
11 -	1723170012	DEEPAK KUMAR	Dimaly
12	1723170014	GAURAV SAHLOT	Ciens
13	1723170015	HEENA	AD
14	1723170016	KAJAL SHARMA	Raial
15	1723170017	KAPIL KUMAR	tubil -
16	1723170018	KAPIL KUMAR	KOK: S
17	1723170019	KARISHMA GUPTA	Karl
18	1723170020	KM ANJALI	M
19	1723170021	KM JYOTI	Blett.
20		KM KANCHAN	8
21)	1723170023	KM POOJĄ	AR
22	1723170024	KM SHAINKI	ans -
23	1723170025		Grales
24		CM SHIVANI SRIVASTAVA	Dougan
25		(OMAL SHARMA	Soul
26	1723170032 L		Devel
27		MANAV GAUR	Manart
28		MANISH RUHELA	Marrita
29		MONIKA KUMARI	theenisa
30		NAVNEET KUMAR	Mounest
31		NISHANT TYAGI	ALX
32		IYAIYANG KONYAK	AB
33		OONAM GAGRAI	Queras
34	1723170041 P		Benteri
35	1723170045 R		Row
36		ACHIN KUMAR	AR
37	1723170047 S		Sorian
38		ARVESH KUMAR TIWARI	Sauer
39		ATENDER SINGH	Severora
10		AYED SALMAN AHMED	Sent !
11	1723170051 S	HIVANI SHARMA	Strong





42	1723170052	SHRIKANT SHARMA	- AR
43	1723170054	SHUBHANGI SHARMA	Que so
44	1723170055	SILKY KARDAM	AR
45	1723170056	SUMIT KUMAR	Qual L
46	1723170059	VINAY TYAGI	blinger.
47	1723170060	YOGESH KUMAR	Valuation

YOGA SESSION

Semester

Branch _ MBA

		Please respond indicate the exterior circle the number	point i ch state	rating emen	scale it. Plea	to ise				
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	Averag	ie	
7			Questions				A	nswer'	's	
	1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	(1)	3	2	1
	2.	The workshop / :	5	4	3	2	1			
53	3,	. The information and/or skill presented were relevant and useful.				5	(4)	3	2	1
0	4,	The workshop in	creased my know	ledge and s	kills.	5	(4)	3	2	1
	5.	The presenter(s) answer them sat	provided adequatisfactorily.	ate time for	question and	(5)	4	3	2	1
	6.	Overall, I am satis	sfied with this ses	ssion.		(3)	4	3	2	1
						1				



YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No 1733/700

Branch MBA

1) Name 1000 cl

		indicate the extent to which you agree or disagree with ea circle the number that applies	ch sta	temen	t. Pled	ise	
		5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	e	
		Questions		A	nswer'	s	
	1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	93	2	1
	2.	The workshop / Seminar was well organised.	5	4	3	2	1
	3.	The information and/or skill presented were relevant and useful.	(5)	4	3	2	1
0	4.	The workshop 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

YOGA SESSION

Semester 1-8

	San									
	Please respond indicate the ext circle the numb	to the following S ent t o which you er that applies	by using the 5 agree with ec	point i	rating emen	scale t. Plea	to se			
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	Average	2		
		Questions				Ar	swer's	5		
1.	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1	
2.	The workshop /	5	4	3	2	1				
3.	The information useful.	and/or skill prese	ented were i	relevant and	5	4	3	2	1	
4.	The workshop in	icreased my know	/ledge and s	kills.	5	4	3	2	1	
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1	
6.	Overall, I am sat	isfied with this se	ssion.		5	4	3	2	1	



YOGA SESSION

Semester___1\3

Branch _ MBA

1) Name Nishant

		Please respond indicate the extended circle the number	point i ch stat	rating emer	scale nt. Plea	to ise				
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	е	
0-			Questions				Α	nswer'	S	
	1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5		3	2	1
	2.	The workshop /		5	(4)	3	2	1		
	3.	The information useful.	relevant and	5	4	3	2	1		
0	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sat	provided adequal isfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am sati	sfied with this ses	sion.		5	4) 3	2	1
	_									

YOGA SESSION

	AA 01. 1	1723170036	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	point rating scale to ach statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
	Questions	Answer's	
1.	Workshop / Seminar objectives were stated clearly and meet.	5 4 3 2 1	
2.	The workshop / Seminar 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 workshop 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	





YOGA SESSION

Branch MBA Semester 18

		1) Name Km Shalu 2) Roll No_	192	31	200	25		
		Please respond to the following Statements by using the indicate the extent to which you agree or disagree with ecircle the number that applies	5 poir	nt re	ating	scale	to	
		5= Excellent 4= Very good 3=Good 2=Average	1=	Ве	low A	Averag	e	
)-		Questions			Aı	nswer	s	
9	1,	Workshop / Seminar objectives were stated clearly and meet.	1	Ř	4	3	-2	1
	2.	The workshop / Seminar was well organised.	5		4	3	2	1
	3.	The information and/or skill presented were relevant and useful.	5		4	3	2	1
•	1.	The workshop increased my knowledge and skills.	(5	Ò	4	3	2	1
5	5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	d		4	(3)	2	1
6).	Overall, I am satisfied with this session.	i.		C) 3	2	1
		R.D. Engineering College Duhai, Ghaziabad	R.D. C.	ein *	e eri	og Colle		

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No_

Semester___

kanchan

		indicate the extent to which you agree or disagree with each circle the number that applies	h stat	emen	t. Pled	ise	
		5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	Averag	ie	
0		Questions		A	nswer	s	
	1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
	2.	The workshop / Seminar 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 workshop 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
							- 22

YOGA SESSION

Semester_18

Branch MBA

		Please respond indicate the exterior circle the number	point ch sta	rating temen	scale t. Plea	to ise				
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	e	
0			Questions				1A	nswer'	s	
	1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop / S	Seminar was well	organised.		5	4	3	2	1
	3.	The information useful,	and/or skill prese	nted were i	relevant and	(5)	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sat	provided adequatisfactorily.	ite time for	question and	5	4	3	2	1
	6.	Overall, I am satis	sfied with this ses	sion,		5	4	3	2	1

R.D. Engineering College Duhai, Ghaziabad



2) Roll No 1723170020

YOGA SESSION

2) Roll No 1723170017

Branch HBA

	indicate the extent to which you agree or disagree with each circle the number that applies	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
	Questions	Answer's
1.	Workshop / Seminar objectives were stated clearly and meet.	5 4 3 2 1
2.	The workshop / Seminar 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 workshop 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

YOGA SESSION

Branch MRA Semester | 8 Date 21/06/2019

1) Name Heona 2) Roll No 1723170015

1) Name Heona

	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	point rating scale to ch statement. Please
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
	Questions	Answer's
	 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3 2 1
	2. The workshop / Seminar was well organised.	5 4 3 2 1
	3. The information and/or skill presented were relevant and useful. 1	5 4 3 2 1
)	4. The workshop increased my knowledge and skills.	5 4 3 2 1
	 The presenter(s) provided adequate time for question and answer them satisfactorily. 	5 4 8 2 1
j	6. Overall, I am satisfied with this session.	5 4 3 2 1

YOGA SESSION

Branch MRA Semester 18 Date 21/06/2019

2) Roll No 172 3/70 0/2

1) Name Deepak kumay

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with ea circle the number that applies 5= Excellent 4= Very good 3=Good 2=Average		point ch stat	rating temen	scale t. Plea	to					
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	е	
).			Questions				Aı	nswer'	s	
	1.	Workshop / Ser meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
	2.	The workshop / S	Seminar was well	organised.		5	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were	relevant and	5	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s)	provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am satis	sfied with this ses	ssion.		5	4	(3)	2	1





YOGA SESSION

Branch MBA Semester 18 Date 21/06/2019

Please respond to the following Statements by using the 5 point rating scale to

2) ROII No 17231700109

1) Name Bharat Pathak

		indicate the extent to which you agree or disagree with e circle the number that applies	ach stat	ement.	Plea	ise	
		5= Excellent 4= Very good 3=Good 2=Average	1= B	elow Av	verag	e	
0		Questions		Ans	wer'	s	
	1.	Workshop / Seminar objectives were stated clearly and meet.	3	4	3	2	1
	2.	The workshop / Seminar was well organised.	5	4	3	2	1
	3.	The information and/or skill presented were relevant and useful.	5	1	3	2	1
	4.	The workshop increased my knowledge and skills.	5	4 . (3	2	1
	5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	8	4	3	2	1
	6.	Overall, I am satisfied with this session.	5	4	3	2	1
			1				

YOGA SESSION

Semester 13

Branch _ MBA

1) Name _ Atil

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	lverag	ge	
		Questions				Ar	nswer	's	
1.	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	(3)	2	1
3,	The information useful.	and/or skill prese	ented were	relevant and	5	4	3	2	1
4.	The workshop in	ncreased my know	ledge and s	kills.	(5)	4	3	2	1
5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
6.	Overall, I am sat	isfied with this se	ssion.		(5)	4	3	2	1

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

Date 21/06/2019

2) Roll No 172317000 7

Semester_____13

Branch MBA

	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Averag	ie	
)_	Questions		A	nswer	's	
1	. Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2	. The workshop / Seminar 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 workshop 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

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No 172 3170060

Semester_1 3

Branch MBA

1) Name Yogogakumay

		indicate the extent to which you agree or disagree with each circle the number that applies	h stat	emer	t. Plea	se	
		5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	e	
0		Questions		Α	nswer's	s	
	1.	Workshop / Seminar objectives were stated clearly and meet.	(F)	4	3	2	1
	2.	The workshop / Seminar was well organised.	(5)	4	3	2	1
	3.	The information and/or skill presented were relevant and useful.	5		3	2	1
	4.	The workshop 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

YOGA SESSION

Semester_178

2) Roll No 1723170052

	indicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to sch statement. Please
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
	Questions	Answer's
1.	Workshop / Seminar objectives were stated clearly and meet.	5 4 3 2 1
2.	The workshop / Seminar 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 workshop 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





YOGA SESSION

Branch MBA

Semester 18 Date 21/06/2019

2) Roll No 1723/30055

	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow A	Averag	е	
_	Questions		Ai	nswer'	s	
1	. Workshop / Seminar objectives were stated clearly and meet.	5	4	(3)	2	1
2	. The workshop / Seminar 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 workshop 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	0	2	1
6	Overall, I am satisfied with this session.	5	(4)	3	2	1



YOGA SESSION

2) Roll No _

Semester

Branch

	5= Excellent 4= Very good	3=Good 2=Average	1= Be	elow A	Averag	е	
	Questions			A	nswer'	S	
1.	. Workshop / Seminar objectives w meet.	vere stated clearly and	5	A.)	3	2	1
2.	. The workshop / Seminar was well	organised.	(5)	4	3	2	1
3.	. The information and/or skill prese useful.	nted were relevant and	(3)	4	3	2	1
4.	The workshop increased my knowl	ledge and skills.	(5)	4	3	2	1
5.	The presenter(s) provided adequa answer them satisfactorily.	te time for question and	5	4	3	2	1
6	Overall, I am satisfied with this ses	sion	5	6	3	-	1

YOGA SESSION

2) Roll No

		Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	statements agree or dis	by using the 5 sagree with ea	point i ch stat	rating emei	g scale nt. Plea	to ise	
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	е	
			Questions				Α	nswer'	S	
	1.	Workshop / Semeet.	minar objectives v	were stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	1
	3.	The information useful.	and/or skill prese	ented were	relevant and	(5)	4	3	2	1
0	4.	The workshop in	ocreased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) provided adequatisfactorily.	ate time for	question and	5	C	3	2	1
	6.	Overall, I am sati	isfied with this ses	ssion.		5	4	(3)	2	1

YOGA SESSION

	•••	1923/2000 1	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	5 point rating scale to ach statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
).	Questions	Answer's	
	 Workshop / Seminar objectives were stated clearly and meet. 	5 4 3 2 1	
	2. The workshop / Seminar 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 workshop increased my knowledge and skills.	5 4 3 2 1	
	 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.	6 4 3 2 1	





YOGA SESSION

Semester 3V

Branch MBA

1) Name Abhinay

	Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	Statements I agree or dis	by using the 5 agree with ea	point i ch stat	rating emen	scale nt. Plea	to ise	
	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow i	Averag	е	
		Questions				A	nswer'	s	
1.	Workshop / Ser meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	ented were r	elevant and	(%)	4	3	2	1
4.	The workshop in	creased my know	rledge and s	kills.	(5)	4	3	2	1
5,	The presenter(s) answer them sat) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
6.	Overall, I am sati	sfied with this ses	ssion.		5	4	(3)	2	1

YOGA SESSION

2) Roll No 1422170005

	Please respond indicate the extended circle the number	to the following St ent to which you a er that applies	tatements i agree or dis	by using the 5 agree with ea	point r ch state	ating emen	scale it. Plea	to	
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	е	
		Questions				Α	nswer'	5	
1.	Workshop / Ser meet.	minar objectives w	ere stated	clearly and	5 (4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	(3)	2	1
3.	The information useful.	and/or skill preser	nted were i	relevant and	5	4	3	2	1
4.	The workshop in	creased my knowl	ledge and s	kills.	(5)	4	3	2	1
5.	The presenter(s)) provided adequa isfactorily.	te time for	question and	(5)	4	3	2	1
6.	Overall, I am sati	sfied with this ses	sion.		5	4	3	2	ĩ

YOGA SESSION

Semester_

		Please respond indicate the extended circle the number	to the following S ent to which you o er that applies	tatements l agree or dis	by using the 5 agree with ea	point r ch state	rating emer	scale it. Plea	to se	
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Average	2	
)			Questions				А	nswer's	5	
	1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were r	relevant and	5	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sat	provided adequa isfactorily.	ite time for	quest ion and	5	4	3	2	1
	6.	Overall, I am sati	sfied with this ses	sion.		5	4	3	2	1
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YOGA SESSION

2) Roll No 1723/20033

Semester_____

Branch MBA

1) Name Manay Gans

		indicate the extent to which you agree or disagree with each circle the number that applies						
		5= Excellent 4= Very good 3=Good 2=Average	1= B	elow .	Averag	ie		
)_		Questions		Α	nswer	's		
	1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1	
	2.	The workshop / Seminar 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 workshop 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)	

YOGA SESSION

Please respond to the following Statements by using the 5 point rating scale to

2) Roll No 17231700

Branch MBA

1) Name Shivani Shouma

	circle the number that applies 5= Excellent	et attachen and a set a set a	· Care Brack assessment	and the second second		
		rage 1= E	3elow	Averag	ge	
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3.	The information and/or skill presented were relevant useful.	and .	C	3	2	1
4.	The workshop increased my knowledge and skills.	5	4	3	2	1
5.	The presenter(s) provided adequate time for question answer them satisfactorily.	n and	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	(3)	2	1



RD ENGINEERING COLLEGE NAAC CRITERIA - 5.1.2

(Capacity building and skills Initatives)

Session 2018-19
Program
1. JEG LIFE EXILLS
Topics
2. <u>Yoga</u>
Date
21/06/2019





Invitation for Seminar

3 messages

hod mca <hod_mca@rdec.in>

Fri, June 14, 2019 at 11:35AM

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 articipation 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 > To: hod mca <hod_mca@rdec.in>

Mon, June 17,2019 at 3:57PM

Dear Sir.

Thanks for your invitation.

I will be available for the seminar on June 21, 2019. Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj Quoted text hidden]



Vivek Bhardwaj vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

Mr. Vivek Bhardwajfounder 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.

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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 21st June 2019 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Mr. Hemant Bhardwaj. Contact him for any further queries or difficulties.

Prof. Hemant Bhardwaj

(Head, B.Tech IT)



CC:

Director

Registrar

R.D. Engines Duhai, Ghaziabad

IQAC

Departmental Notice Board

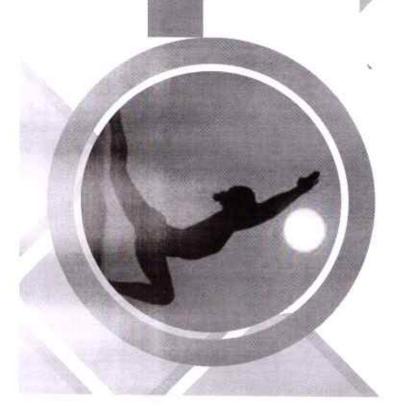
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P.D. Engineering College Duhai, Ghaziabad





YOGA With:VIVEK BHARDWAJ



Department Of IT

Session 2018-19

Report of Yoga Conducted For B. Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwai

Date: - 21/06/2019

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 30. students have benifites 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)

R.D. Engineering College Duhai, Ghaziahad

ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 3, 06 2019

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	1723113001	AADESH SHARMA	2nd Year	IT	Andesh
2	1723113002	AASTHA	2nd Year	IT	Souther
3	1723113004	AFZAL AHMAD	2nd Year	IT	Atrel
4	1723113006	AKSHARA BHARDWAJ	2nd Year	IT	PAG
5	1723113007	ALISHA KARN	2nd Year	IT	diana
6	1723113008	AMULYA TYAGI	2nd Year	IT	Anthy
7	1723113009	ANIL KUMAR	2nd Year	IT	Shil
8	1723113010	ANKIT RAGHAV	2nd Year	IT	NIC
9	1723113011	ANUPAM YADAV	2nd Year	IT	AB
10	1723113014	CHIRANJEEV VATS	2nd Year	IT	Casati
11	1723113015	DIVYANSHU SHARMA	2nd Year	IT	chi.
12	1723113016	DUSHYANT KUMAR	2nd Year	IT	kenny
13	1723113017	GAURAV SHARMA	2nd Year	IT	Crawiar
14	1723113018	HANSIKA KARN	2nd Year	IT	Hauster
15	1723113020	ISHIKA TYAGI	2nd Year	IT	Tilike
16	1723113022	NISHANT KUMAR TYAGI	2nd Year	IT	Mill
17	1723113023	PAVAN KUMAR	2nd Year	IT	Lowan
18	1723113024	PRANJAL MISRA	2nd Year	IT	13
19	1723113025	PRATHAM SHARMA	2nd Year	IT	Jan.
20	1723113026	ROHIT	2nd Year	IT	Pohil
21	1723113027	SAHIL KUMAR	2nd Year	IT	Oshil
22	1723113030	SIDDHANT GOEL	2nd Year	IT	Sold,
23	1723113031	SUBHANSHU VERMA	2nd Year	IT	Sivoro
24	1823113901	DEEPA RANI	2nd Year	IT	10000
25	1623113001	AAKASH GOYAL	3rd Year	IT	. April
26	1623113002	ABHISHEK TYAGI	3rd Year	IT	MS
27	1623113003	ADARSHI BHARTI	3rd Year	IT	Agure
28	1623113004	AKSHAY TYAGI	3rd Year	IT	Akirhay
29	1623113005	ANKUR KASHYAP	3rd Year	IT	Shikery
30	1623113006	ARPIT JAISWAL	3rd Year	IT	MB
31	1623113009	GEETA	3rd Year	IT	Carcta
32	1623113010	RAHUL BHARDWAJ	3rd Year	П	· Lahel
33	1623113011	RISHABH KUMAR	3rd Year	IT	Ruth
34	1623113012	SAURABH KUMAR	3rd Year	IT	Sendo
35	1623113014	UMANG TYAGI	3rd Year	IT	AC

Director R.D. Engineering College Duhai, Ghaziabad



Yoga Exercise

Branch	IT	Semester	IV	Date	21/06/2019
Please re	espond to	the following State	ments to h	ndicate the ex	tent to which you

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	V			
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.		V		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			>	
5	I will use these meditation techniques im 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:	U	// 60	erin NO	



Yoga Exercise

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Branch	<u>d_ I</u>	Semester	Date_	21	06/2019

Please respond to the following stotements 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	い			
2	The breathing exercises I learned to calm me were effective.		1		
3	I will use these breathing exercises to help me in my daily life.		M		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	N			
5	I will use these meditation techniques im my daily life.			<u></u>	
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.	V			
8	I would recommend this yoga class to other make circle one:	V	ES	NO	

R.D. Engineering College Duhai, Ghaziahad

Yoga Exercise

Branch	TI	SemesterV	Date	91/06	12019
Please re	spond to the	following statements to in	ndicate the exte	nt to w	vhich vou

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
1	The activities in the yoga class left me with an overall feeling of wellness		N		
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3	I will use these breathing exercises to help me in my daily life.		\$1.		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			~	
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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.			V	
8	I would recommend this yoga class to other.make circle one:	4	ES	NO	

Director College

Yoga Exercise

Branch	II	Semester	VI	_ Date_	21	06	2019
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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
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 im my daily life.			1	
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in ray everyday life.				
8	I would recommend this yoga class to other.make circle one:	4	ES	NO	

Director College R.D. Engineering Shart Duhai, Ghaziahari Head Co

Yoga Exercise

Branch	II	Semester	Date	21	106	12019
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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	V			
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	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		\checkmark		
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.		<i>\rightarrow</i>		
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:	7	ES	NO	

Director College R.D. Engineering Chazlahad Duhal, Ghazlahad

Yoga Exercise

Branch	IJ	Semester	Date_	21	06	12019
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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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	3	I will use these breathing exercises to help me in my daily life.			<u> </u>	
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	5	I will use these meditation techniques im my daily life.	V			
	6	I will use these yoga postures and stretching exercises in my daily life.		<u></u>		
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:	Y	EŚ	NO	

Director College R.D. Engineering Charlet Duhal, Ghazlahad



Yoga Exercise

Branch	Semester	Date_31	106	12019
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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.		<u> </u>		
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.		1		
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.		<u></u>		
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:	·Y	ES	NO	





Yoga Exercise

Branch	IT.	SemesterV	Date 2106/2019

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
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.		<u> </u>		
5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.		<u></u>		
7	In general what I have learned in this class will be helpful in ray everyday life.				
8	I would recommend this yoga class to other make circle one:	L	ES	NO	



Yoga Exercise

Branch _	It	Semester_	IV	Date	21	06	12019

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
	The activities in the yoga class left me with an overall feeling of wellness	~			
	The breathing exercises I learned to calm me were effective.		4		
	I will use these breathing exercises to help me in my daily life.	~			
	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		~		
, ,	I will use these meditation techniques im my daily life.		<u></u>		
	I will use these yoga postures and stretching exercises in my daily life.		<u></u>		
	In general what I have learned in this class will be helpful in my everyday life.		~		
	I would recommend this yoga class to other make circle one:	-4	ES	NO	

Director R.D. Engineering Callega Duhai, Ghazi

Yoga Exercise

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agree	or	disagree	with	each	statement.	Please	tick	right	the	numb	er th	at

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S.N	o Questions	A great deal	Moderately	A little	Not at
	The activities in the yoga class left me with overall feeling of wellness	an V		12	
	The breathing exercises I learned to calm move were effective.	e	V		
	I will use these breathing exercises to help no in my daily life.	ne			
	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	8			
	I will use these meditation techniques im my daily life.				
	I will use these yoga postures and stretching exercises in my daily life.	~			
	In general what I have learned in this class v be helpful in my everyday life.	vill	~		
	I would recommend this yoga class to other make circle one:	4	ÉS	NO	





Yoga Exercise

Branch	エゴ	Semester	Date 21/0	06/2019
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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
1	The activities in the yoga class left me with an overall feeling of wellness	~			
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6	I will use these yoga postures and stretching exercises in my daily life.	<u></u>			
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:	4	ES	NO	





Yoga Exercise

Branch _	IT	Semester	Date 21/06/2019
Please re	espond to the	following Statements to Indi	icate the extent to which you

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
1	The activities in the yoga class left me with an overall feeling of wellness	V			
. 2	The breathing exercises I learned to calm me were effective.		V		
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.		V		
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.		V		
7	In general what I have learned in this class will be helpful in ray everyday life.		<u> </u>		
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	





Yoga Exercise

Branch	Semester	Date	21/	06/	2019
Please respond to the	following Statements to ind	icate the ext	ent to	whic	h you

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
1	The activities in the yoga class left me with an overall feeling of wellness	V			
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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.	V			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.		V		
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:	لا ہ	ES	NO	





Yoga Exercise

Branch	IT	Semester	7	Date_	21	06/	2019
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garee o	r disagree with	each statement	Please tick	right	the n	umhei	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	V			
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.		V		
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6	I will use these yoga postures and stretching exercises in my daily life.			<u></u>	
7	In general what I have learned in this class will be helpful in my everyday life.		V		
8	I would recommend this yoga class to other make circle one:	U	ÆŠ	NO	

Director College R.D. Engineering

Yoga Exercise

Branch	Semester	<u></u>	20	Date	0	21/06/	2019
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agree or disagree with applies							

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1	The activities in the yoga class left me with an overall feeling of wellness	<u></u>			
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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.				Ÿ.
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	

Director College

Yoga Exercise

Branch	Semester	_ Date_	9/	106	120	19
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Please respond to the following stolements 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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5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.		1		
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:	Ly	ES	NO	L

Director R.D. Engineering College Duhai Ghaziahad

Yoga Exercise

Branch	SemesterVI	Date	21	106	12019
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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
1	The activities in the yoga class left me with an overall feeling of wellness	~			
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5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.		,	<u></u>	
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:	1	45	NO	

Director College

Yoga Exercise

Branch	IT	Semester	Date 🥺	1/06	12019
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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
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5	I will use these meditation techniques im 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.	V			
8	I would recommend this yoga class to other make circle one:	U	E5 geer	NO	

Director College

R.D. Engineering

Duhai. Gha

Yoga Exercise

Branch .	エナ	Semester	? 	Date_9/	106/2019
Please	respond to the fo	llowing Statement	s ro indicate		
aaree	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	V	1		
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.		1		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im 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.			V	
8	I would recommend this yoga class to other make circle one:	L.Y	ES	NO	



Yoga Exercise

Branch		Se	mester			Date	2	1/06/	19
Please	respond to	the followin	ng Statement	s to ind	icate	the e.	xtent	to whic	h 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 im my daily life.			4	
6	I will use these yoga postures and stretching exercises in my daily life.			V	
7	In general what I have learned in this class will be helpful in my everyday life.	V	5)		
8	I would recommend this yoga class to other make circle one:	1,7	ES	NO	

Director College

B.D. Engineering Chazza

Yoga Exercise

Branch	II	_	Sen	nester	7	_	Date	2	1/06/	19
				g Statement						
agree or applies	disagree	with	each	statement,	Please	tick	right	the	number	that

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.		<u></u>		
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.		1		
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.			<u></u>	
8	I would recommend this yoga class to other make circle one:	~	ES	NO	

Director College R.D. Engineering Duhal, Ghazia

Yoga Exercise

Branch	II	Semester	Date	1/06	119
Please re	spond to the f	ollowing statements to in	ndicate the extent	to wh	ich vou

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
	The activities in the yoga class left me with an overall feeling of wellness	1			
	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	<u> </u>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
5	I will use these meditation techniques im my daily life.				
	I will use these yoga postures and stretching exercises in my daily life.	V			
	In general what I have learned in this class will be helpful in my everyday life.			~	
	I would recommend this yoga class to other make circle one:	U	'E5'	NO	ŀ



Yoga Exercise

Branch	II	Semester	<u> </u>	Date 9	16/19
Please re	espond to the fo	ollowing Statema	ents to indicate	the extent	to which you
garee of	r disaaree with	h each stateme	nt 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 im my daily life.	V			
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.		<u></u>		
8	I would recommend this yoga class to other make circle one:	Y	ES	NO	





Yoga Exercise

Branch	II	Semester_	VI	Da	te_ 2 /	16/19	
Please	respond to the j	following state	ements to i	ndicate the	extent	to whic	h you
aaree (or disaaree wit	h each states	ment Plen	se tick rial	nt 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	1			
2	The breathing exercises I learned to calm me were effective.		<u></u>		
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.		V		
5	I will use these meditation techniques im 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:	U	ÆS	NO	





Yoga Exercise

	77 7		1.7		0.1.1.4
Branch	11	Semester_	W	Date_	21/6/19
Please n	espand to the falla	wing State	enents ra indicate	the ev	tant to which you

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	1			
2	The breathing exercises I learned to calm me were effective.		<u></u>		
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.		<u>ا</u>		
5	I will use these meditation techniques im my daily life.		<u></u>		
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.		<u></u>		
8	I would recommend this yoga class to other make circle one:	L.	ES	NO	10



