



# 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:- 1<sup>ST</sup> YEAR**

**COURSE:-B.Tech**

**SESSION:-2018-2019**

Instructor  
R. D. Engineering College  
Duhai, Ghaziabad



M

Yoga Skills

1 message

Mr. Manu Kothiyal <[sendittomanu@gmail.com](mailto:sendittomanu@gmail.com)>

Saturday, 16<sup>th</sup> June, 2018 at 2:35 pm

To: [vivekbhardwaj12@gmail.com](mailto:vivekbhardwaj12@gmail.com)

Dear Sir/Madam,

We hope this email finds you well. We are delighted by having the opportunity to invite you as a guest speaker in our college for Yoga skill on 16<sup>th</sup> 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



Director  
R.D. Engineering College  
Duhail, Ghazal





Yoga Skills  
1 message

Mr. Vivek Bhardwaj [vivekbhardwaj12@gmail.com](mailto:vivekbhardwaj12@gmail.com)

Monday, 18<sup>th</sup> June, 2018 at 1:35 pm

To: <[sendittomanu@gmail.com](mailto:sendittomanu@gmail.com)>

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

Director  
Engineering College  
Dhadiwadi





# R.D. ENGINEERING COLLEGE

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

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

Email: [info@rdec.in](mailto:info@rdec.in)

Website: [www.rdec.in](http://www.rdec.in)

## NOTICE

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

**DATE:-** 21<sup>st</sup>, June, 2018

**VENUE:-** A Block 2<sup>ND</sup> 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

Director  
R.D. Engineering College  
Ghaziabad





# R.D. ENGINEERING COLLEGE

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Email:info@rdec.in

Website:www.rdec.in

## YOGA SESSION

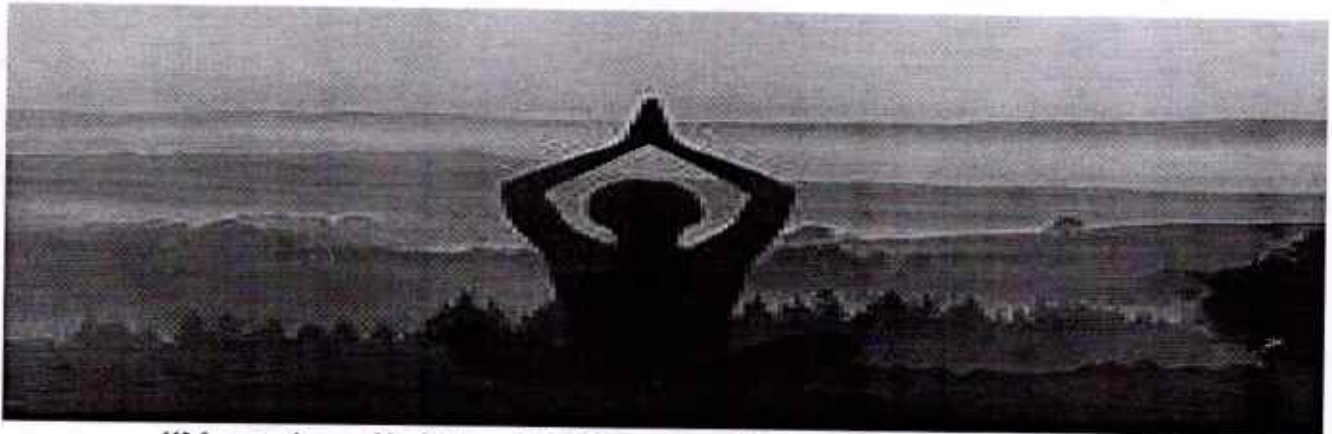
### GUEST SPEAKER

Mr. Vivek Bhardwaj

VENUE :A Block 2nd Floor, Seminar Hall

DATE :21<sup>st</sup> June,2018

TIME :11.00 AM



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

Event coordinator  
Mr.Manu kothiyal

Director  
R.D. Engineering College  
Duhai, Ghaziabad





# R.D ENGINEERING COLLEGE

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

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. His exposure & experience will be a boon to the students.

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

Director  
R.D. Engineering College  
Duhai, Ghaziabad



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

S.NO	NAME OF STUDENT	BRANCH	YEAR	SIGNATURE
1	Amit Khan	Civil engineering	1 <sup>st</sup>	Amit
2	Abu Bakar		1 <sup>st</sup>	Abu Bakar
3	Aman Tyagi		"	Aman
4	Anuj		"	Absent
5	Gourav		"	Himanshu
6	Himanshu Mari Tripathi		"	Himanshu
7	Jayant Rahman		"	Absent
8	Mukul Chaudhary		"	Mukul
9	Piyush Chaudhary		"	Piyush Chaudhary
10	Pragya Singh		"	Pragya Singh
11	Prince Tripathi		"	Absent
12	Priyanka		"	Priyanka
13	Riya Kumari		"	Riya Singh
14	Rohit Singh	"	Rohit Singh	
15	Satvart Singh	"	Absent	
16	Saurav Nandan	"	Saurav Nandan	
17	Tushar Tyagi	"	Tushar Tyagi	
18	Ankur	"	Ankur	
19	Anuj Kumar Mishra	"	Anuj Kumar	
20	Bhawana	"	Bhawana	
21	Chetan Singh	"	Chetan Singh	
22	Deepak Divvedi	"	Deepak Divvedi	
23	Kumar Harshit	"	Absent	
24	Nakul Kumar	"	Nakul Kumar	
25	Ritik Tyagi	"	Ritik Tyagi	
26	Ritik Kumar	"	Ritik Kumar	
27	Vishal Gupta	"	Vishal Gupta	
28	Aaryan Tyagi	"	Aaryan Tyagi	
29	Aditya Kumar	"	Aditya Kumar	
30	Aakash Sharma	"	Absent	
31	Akshay Mandley	Computer engi.	"	Aman Tomer
32	Akul Tomer		"	Akul Tomer
33	Aman Bang		"	Aman Bang
34	Aman Yadav		"	Absent
35	Anjali Saxena		"	Anjali Saxena
36	Arijun Singh		"	Absent
37	ARPIT ASHAI		"	ARPIT ASHAI
38	Ashut Chaudhary		"	Ashut Chaudhary
39	Ayush Khatkhat		"	Ayush Khatkhat
40	Ayush Shrestha		"	Ayush Shrestha
41	Bhawna		"	Absent
42	Deepti Tyagi		"	Deepti Tyagi
43	Dhruv Tyagi		"	Dhruv Tyagi
44	Harshit	"	Absent	
45	Haritk Tyagi	"	Haritk Tyagi	
46	Ishika	"	Ishika	
47	Kajal Tyagi	"	Absent	
48	Karika	"	Karika	
49	Kartik Bhargav	"	Absent	
50	Khushbu	"	Khushbu	



**ATTENDANCE OF STUDENTS PARTICIPATED IN PDP Workshop ORGANISED BY R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 27/5/22**

S. NO	NAME OF STUDENT	BRANCH	YEAR	SIGNATURE
1	Anurag Pandey	Civil Engineering	1 <sup>st</sup>	Anurag
2	Rajal Yadav	Civil Engineering	1 <sup>st</sup>	Rajal Yadav
3	Lalit	Civil Engineering	1 <sup>st</sup>	Lalit
4	Mohammad Tanzeem	Civil Engineering	1 <sup>st</sup>	Mohammad Tanzeem
5	Rajan Yadav	Civil Engineering	1 <sup>st</sup>	Rajan Yadav
6	Sandeep Patel	Civil Engineering	1 <sup>st</sup>	Sandeep
7	Kumar Abhinav	Civil Engineering	1 <sup>st</sup>	Abhinav Kumar
8	Ram Dayal	Computer Science	1 <sup>st</sup>	Ram Dayal
9	Rajeev Saini	Computer Science	1 <sup>st</sup>	Rajeev Saini
10	Aayush Saini	Computer Science	1 <sup>st</sup>	Aayush Saini
11	Abhishek Saxena	Computer Science	1 <sup>st</sup>	Abhishek Saxena
12	Aditi Saini	Computer Science	1 <sup>st</sup>	Aditi Saini
13	Ajit Kumar	Computer Science	1 <sup>st</sup>	Ajit Kumar
14	Aman Khazaw	Computer Science	1 <sup>st</sup>	Aman Khazaw
15	Aman Nawab	Computer Science	1 <sup>st</sup>	Aman Nawab
16	Aman Singh	Computer Science	1 <sup>st</sup>	Aman Singh
17	Amrit Kumar	Computer Science	1 <sup>st</sup>	Amrit Kumar
18	Anjali	Computer Science	1 <sup>st</sup>	Anjali
19	Angali Singhal	Computer Science	1 <sup>st</sup>	Angali Singhal
20	Ankit Kaushik	Computer Science	1 <sup>st</sup>	Ankit Kaushik
21	Ankit Kumar	Computer Science	1 <sup>st</sup>	Ankit Kumar
22	Anshik	Computer Science	1 <sup>st</sup>	Absent
23	Aniska Yadav	Computer Science	1 <sup>st</sup>	Aniska Yadav
24	Anshu	Computer Science	1 <sup>st</sup>	Anshu
25	Anuj	Computer Science	1 <sup>st</sup>	Anuj
26	Anurag Chaudhary	Computer Science	1 <sup>st</sup>	Absent
27	Anushka Tyagi	Computer Science	1 <sup>st</sup>	Anushka Tyagi
28	Arun Dev Rastogi	Computer Science	1 <sup>st</sup>	Arun Dev Rastogi
29	Ashu Dhanraj	Computer Science	1 <sup>st</sup>	Ashu Dhanraj
30	Ashu Dhanraj	Computer Science	1 <sup>st</sup>	Absent
31	Atul Bisht	Computer Science	1 <sup>st</sup>	Atul
32	Ayush Kumar (Amrishi)	Computer Science	1 <sup>st</sup>	Absent
33	Ayush Kumar	Computer Science	1 <sup>st</sup>	Ayush Kumar
34	Ayush Sharma	Computer Science	1 <sup>st</sup>	Ayush Sharma
35	Bhanu Pratap	Computer Science	1 <sup>st</sup>	Bhanu Pratap
36	Bhavya Mittal	Computer Science	1 <sup>st</sup>	Bhavya Mittal
37	Deepak Choudhary	Computer Science	1 <sup>st</sup>	Deepak Choudhary
38	Deepak Kumar	Computer Science	1 <sup>st</sup>	Deepak
39	Deepanshu	Computer Science	1 <sup>st</sup>	Deepanshu
40	Gungun Tyagi	Computer Science	1 <sup>st</sup>	Absent
41	Harsh Sharma	Computer Science	1 <sup>st</sup>	Harsh Sharma
42	Harshit	Computer Science	1 <sup>st</sup>	Absent
43	Harshit Chauhan	Computer Science	1 <sup>st</sup>	Absent
44	Harsh Kumar	Computer Science	1 <sup>st</sup>	Harsh Kumar
45	Harshit Jain	Computer Science	1 <sup>st</sup>	Harshit Jain
46	Himanshi Dhaka	Computer Science	1 <sup>st</sup>	Himanshi
47	Ishika	Computer Science	1 <sup>st</sup>	Ishika
48	Ishika Tyagi	Computer Science	1 <sup>st</sup>	Ishika Tyagi
49	Jatin Rana	Computer Science	1 <sup>st</sup>	Jatin
50	Kanchan Sharma	Computer Science	1 <sup>st</sup>	Kanchan

Director  
R. D. Engineering College  
Duhai, Ghaziabad





## Feedback form of Yoga Session

Branch Information tech Semester 1<sup>st</sup> Date 21/June/22

1) Name Hemant gupta 2) Roll No 2202310130017

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
1. 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

Director  
R. D. Engineering College  
Duhai, Ghaziahad



## Feedback form of Yoga Session

Branch Information Tech Semester 1<sup>st</sup> Date 21/June/22

1) Name Deepak 2) Roll No 220231013004

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
1. 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

Director  
R. D. Engineering College  
Duhai, Ghaziabad



## Feedback form of Yoga Session

Branch Computer Sci/Eng Semester 1<sup>st</sup> Date 21/June/22

1) Name ANSHIK 2) Roll No 2202310100016

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
1. 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





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:-** 21<sup>st</sup> June, 2018

**Time:-** 11:00am

**Venue:-** A Block 2<sup>nd</sup> 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

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RD\_ERP Student Databank (NSE - National St... Rediffmail Business News Tod... Kotak Neo

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### Invitation for Yoga Session External Inbox X

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

Dear Mr. Vivek Bhardwaj,

We cordially invite you to conduct a Session on "YOGA" at our institution. Your expertise in the field of Yoga is valuable to our students and faculty members. The Session is scheduled on 21-06-2019 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience. We greatly appreciate your consideration of this invitation and look forward to your positive response.

Best regards,

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



*(Signature)*  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

Gmail Search in mail



VIVEK BHARDWAJ

Dear Sir,

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

Regards,  
Vivek Bhardwaj

Thank you for your support. Thanks for your response. Our pleasure!

Reply Forward



*[Signature]*  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

Activate Windows  
Go to settings to activate





# R.D. ENGINEERING COLLEGE

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

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Ref.....

Date-19/06/2019

## 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 &amp; Professor, ME Dept.)

CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

# VIVEK BHARDWAJ

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

## OBJECTIVES

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

## ACADEMICS

B.Sc. (Zoology Hones)

## PROFESSIONAL QUALIFICATIONS

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

## PROFESSIONAL EXPERIENCE

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

## PERSONAL DETAILS

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

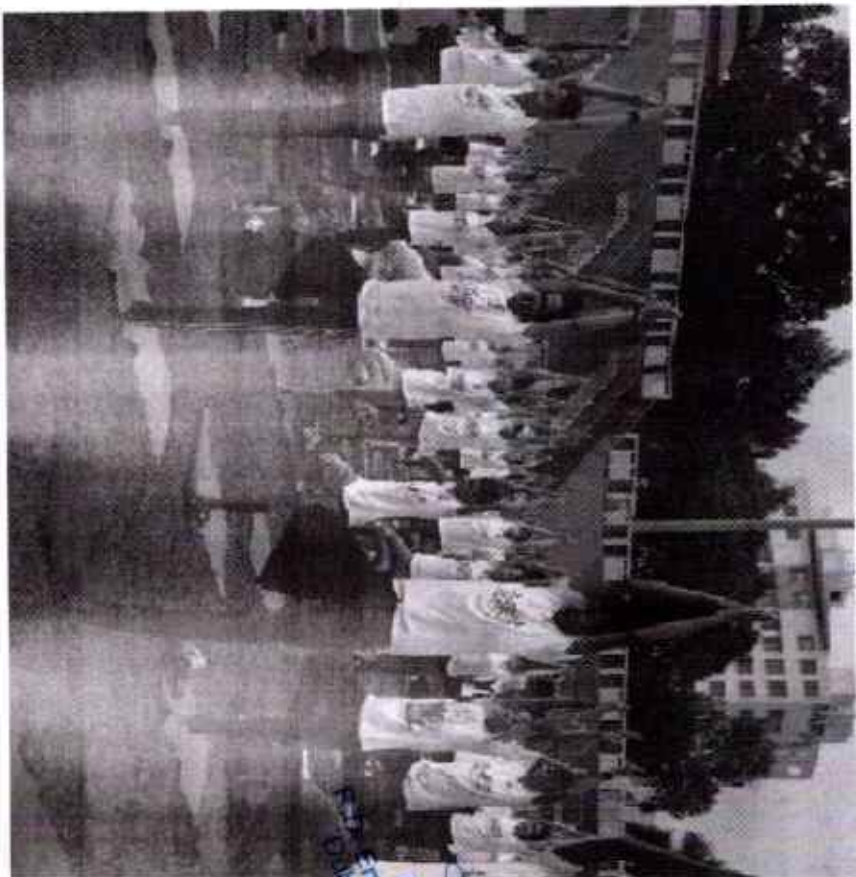




DELHI-NCR

# R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi  
9<sup>th</sup> 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



Director College  
Engineering Ghaziabad  
Duhai.

**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)			
DATE :21/06/2019			
S NO.	ROLL NO.	STUDENT'S NAME	SIGNATURE
1	1723140001	AAKARSH SINGHAL .	Aakarsh
2	1723140002	ABHINAV KUMAR.	Abhinav
3	1723140003	ABHISHEK .	Abhishek
4	1723140004	ABHISHEK .	Abhishek
5	1723140005	AKSHAY PAL	AB
6	1723140006	AMIT CHAUDHARY	Amit
7	1723140009	ASHISH SHARMA .	Ashish
8	1723140010	ATUL KUMAR .	Atul
9	1723140011	BHASKAR CHOUDHARY	Bhaskar
10	1723140012	BUNIL SAHANI .	Bunil
11	1723140013	DEEPAK .	Deepak
12	1723140014	DEEPAK KUMAR .	AB
13	1723140015	DEEPAK KUMAR	Deepak
14	1723140016	DEEPAK KUMAR GUPTA	Deepak
15	1723140017	GAURAV SAINI .	Gaurav
16	1723140020	HARSHIT SINGHAL	AB
17	1723140021	JATIN KUMAR .	Jatin
18	1723140022	JAYPRAKASH PAL .	Jay
19	1723140023	KM SHIVANI RAJ	Shivani
20	1723140024	KUNAL KUMAR .	Kunal
21	1723140025	LOKESH GAUTAM	Lokesh
22	1723140028	MONU .	Monu
23	1723140029	MUKESH YADAV .	Mukesh
24	1723140030	NISHANT .	Nishant
25	1723140031	NITESH KUMAR .	AB
26	1723140032	NITIN MISHRA .	Nitin
27	1723140033	NIKHIL RAGHAV	Nikhil
28	1723140034	RAHUL KUMAR GAUTAM	AB
29	1723140035	RAHUL SINGH .	Rahul
30	1723140036	RAJEEV SINGH .	Rajeev
31	1723140037	SHIKHAR TYAGI	Shikhar
32	1723140038	SHIVAM .	Shivam
33	1723140039	SHYAM SINGH .	Shyam
34	1723140040	SUMIT KUMAR .	Sumit
35	1723140041	SURAJ .	Suraj
36	1723140042	SURAJ KUSHWAHA	AB
37	1823140901	MOHIT KUMAR SINGH	AB
38	1823140902	NISHANT SWAROOP GOUR	AB
39	1823140903	SHIVAM SHARMA .	Shivam
40	1823140904	SHIVAM TYAGI .	Shivam
41	1765440023	VISSAKOTI DURGA SAI KIRAN	Vissakoti



Director  
R.D. Engineering College  
Duhai, Ghaziabad

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

HOD ME

(SIGNATURE)



EVENT COORDINATOR

(SIGNATURE)

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 2/06/2019  
1) Name Aakarsh Singhal 2) Roll No 1723140001

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Abhinav Kumar 2) Roll No 1723140002

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME

Semester 3<sup>rd</sup>

Date 21/06/2019

1) Name Abhishek

2) Roll No 1723140003

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Abhishek 2) Roll No 1723140004

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Ashish Sharma 2) Roll No 1723140009

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Atul Kumar 2) Roll No 1723140010

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2023

1) Name Bunil Sahani 2) Roll No 1723140012

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Deepak 2) Roll No 1723140013

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019

1) Name Deepak Kumar

2) Roll No 1723140014

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Gaurav Saini 2) Roll No 1723140017

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    4    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

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Jatin Kumar 2) Roll No 1723140021

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Jayprakash Pal 2) Roll No 1723140022

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Kunal Kumar 2) Roll No 1723140024

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Monu 2) Roll No 1723140028

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Mukesh Yadav 2) Roll No 1723140029

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Nishant 2) Roll No 1723140030

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Nitesh Kumar 2) Roll No 1723140031

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Nitin Mishra 2) Roll No 1723140032

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

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

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



*[Signature]*  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019

1) Name Rahul Singh 2) Roll No 1723140035

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Rajeev Singh 2) Roll No 1723140036

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name SHIVAM 2) Roll No 1723140039

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Shyam Singh 2) Roll No 1723140039

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghazipur

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Somit Kumar 2) Roll No 1723140040

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Suraj 2) Roll No 1723140041

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Shivani Sharma 2) Roll No 1823140903

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    4    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

## Feedback Form

### YOGA SESSION

Branch ME Semester 3<sup>rd</sup> Date 21/06/2019  
1) Name Shivam Tyagi 2) Roll No 1823140904

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

RD ENGINEERING COLLEGE			
YOGA SESSION			
MECHANICAL III YEAR (2018-2019)			
DATE :21/06/2019			
S NO.	ROLL NO.	STUDENT'S NAME	SIGNATURE
1	1623140004	AAKASH KUMAR SHARMA	Aakash
2	1623140006	ABHISHEK	AB
3	1623140007	ABHISHEK RAI	Abhe
4	1623140008	ABHISHEK SINGH	Abhishek
5	1623140009	ABHISHEK TRIPATHI	Abhishek
6	1623140010	ABHISHEK KUMAR SHARMA	Abhishek
7	1623140011	ABHISHEK PAL	AB
8	1623140012	ADITYA KUMAR	Aditya
9	1623140013	AKASH	AB
10	1623140015	AKASH KUMAR	Akash
11	1623140016	AKASH SHARMA	Akash
12	1623140017	AKASH SINGH	Akash
13	1623140018	AKASH TYAGI	AB
14	1623140019	AMAN	Aman
15	1623140020	AMUL TYAGI	Amul
16	1623140021	ANIKET SHARMA	Aniket
17	1623140022	ANKAJ KUMAR SINGH	Ankaj
18	1623140025	ANKIT SINGH	Ankit
19	1623140026	ANKIT KUMAR SINGH	Ankit
20	1623140027	ANKUR JAYANT	Ankur
21	1623140028	ANKUR KUMAR	Ankur
22	1623140030	ASHISH TOMAR	Ashish
23	1623140032	ASHUTOSH TRIPATHI	Ashutosh
24	1623140033	ASHWANI KUMAR	Ashwani
25	1623140034	ASIF	AB
26	1623140035	AVINASH KUMAR	Avinash
27	1623140036	BASANT JHA	Basant
28	1623140037	DEENANAND	Deenanand
29	1623140038	DEEPAK KUMAR	Deepak
30	1623140040	DEEPANSHU TYAGI	Deepanshu
31	1623140041	FAROUQ ABDULLA	Farouq
32	1623140042	GAURAV MUNDE	Gaurav
33	1623140043	GAURAV SINGH	Gaurav
34	1623140044	GAURAV TYAGI	Gaurav
35	1623140045	GOVIND SHARMA	AB
36	1623140046	GYANESH SHIVAM	Gyanesh
37	1623140047	HEMANT KUMAR	Hemant
38	1623140048	HIMANSHU KUMAR SHARMA	Himanshu
39	1623140049	IRSHANT GIRI	Irshant
40	1623140050	JAGDEEP SINGH	Jagdeep
41	1623140051	JITENDRA PAL	Jitendra
42	1623140053	KAJAL	Kajal
43	1623140055	KAVITA DIVEDI	Kavita
44	1623140059	MAHAVIR, SINGH ARYA	Mahavir
45	1623140060	MD ARIF	md arif
46	1623140062	MUKUL PAL	Mukul



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47	1623140066	NITISH KUMAR	Nitish
48	1623140067	PANKAJ JANOTI	Pankaj Janoti
49	1623140068	PARJAAAT SHARMA	Parjaat Sharma
50	1623140070	PRASHANT SHARMA	Prashant Sharma
51	1623140071	PRAVEEN KUMAR SINGH	Praveen Kumar Singh
52	1623140072	PRAVESH KUMAR	Pravesh Kumar
53	1623140073	RAHUL SINGH	Rahul Singh
54	1623140074	RAJ KUMAR	Raj Kumar
55	1623140075	RISHABH PANWAR	Rishabh Panwar
56	1623140077	ROHAN SINGH	Rohan Singh
57	1623140078	ROHIT KUMAR	Rohit Kumar
58	1623140079	RUPESH RAJ	Rupesh Raj
59	1623140081	SAHIL	Sahil
60	1623140082	SAHIL CHIKARA	Sahil Chikara
61	1623140083	SATYAM CHAURISA	Satyam Chaurisa
62	1623140084	SHAILESH KUMAR JHA	Shailesh Kumar Jha
63	1623140085	SHEKHAR KUMAR	Shekhar Kumar
64	1623140086	SHIVAM SHARMA	Shivam Sharma
65	1623140087	SHIVANSH KUMAR	Shivansh Kumar
66	1623140089	SHUBHAM BAGEDYAN	Shubham Bagedian
67	1623140090	SHUBHAM GAUR	Shubham Gaur
68	1623140091	SONAM	Sonam
69	1623140092	SONU KUMAR	Sonu Kumar
70	1623140093	SOURABH KUMAR	Sourabh Kumar
71	1623140095	SURAJ	Suraj
72	1623140096	TARUN CHOUDHARY	Tarun Choudhary
73	1623140097	VIJAY	Vijay
74	1623140098	VIKANSH TYAGI	Vikansh Tyagi
75	1623140100	VINAY KUMAR	Vinay Kumar
76	1623140101	VINAY NIMESH	Vinay Nimesh
77	1623140102	VISHAL NATH TIWARI	Vishal Nath Tiwari
78	1623140103	VISHWPRAKASH	Vishwprakash
79	1623140104	VIVEK KUMAR	Vivek Kumar
80	1623140105	YOGESH	Yogesh
81	1623140107	ZAID SAIFI	Zaid Saifi
82	1723140901	ALOK KUMAR	Alok Kumar
83	1723140902	ASHWANI TYAGI	Ashwani Tyagi
84	1723140903	BUNTY KUMAR	Bunt Kumar
85	1723140904	DHANANJAY PRATAP BIND	Dhananjay Pratap Bind
86	1723140906	SANGEETA SETH	Sangeeta Seth



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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Aakash Kumar Sharma 2) Roll No 1623140004

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Abhishek Roy 2) Roll No 1623140007

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Abhishek Tripathi 2) Roll No 1623140009

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Abhishek Kumar Sharma 2) Roll No 1623140010

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5th Date 21/06/2019  
1) Name Aditya Kumar 2) Roll No 1623140012

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name AKASH K. MAX 2) Roll No 1623140015

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Akash Singh 2) Roll No 1623140017

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/19

1) Name Aman

2) Roll No 1623140019

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    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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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Ariket Sharma 2) Roll No 182314

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Ankit Singh 2) Roll No 1623140025

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

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

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



  
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### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Ankur Jayant

2) Roll No 1623140027

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Ashish Tomar 2) Roll No 1623140030

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 26/06/2019  
1) Name Ashwani Kumar 2) Roll No 1623140033

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    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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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Avinash Kumar 2) Roll No 1623140035

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/19  
1) Name Deenanand 2) Roll No 1623140037

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Deepanshu Tyagi 2) Roll No 1623140040

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Chauhan Munde 2) Roll No 1623140042

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5th Date 21/06/2019  
1) Name Newsan Tyagi 2) Roll No 1623140044

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 / 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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## Feedback Form

### YOGA SESSION

Branch ME Semester 5th Date 21/06/2019  
1) Name Gyanesh Shivam 2) Roll No 1623140096

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Mimanshu Kumar Sharma 2) Roll No 1623140048

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Jagdeep Singh 2) Roll No 1623140050

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5th Date 21/06/2019  
1) Name Kargal 2) Roll No 162314053

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019

1) Name Mahavir Singh Arora 2) Roll No 1623140259

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Mukul Pal 2) Roll No 1623140062

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Pankaj Jaroti 2) Roll No 1623140067

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Rahul Singh 2) Roll No 1623140073

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Raj Kumar 2) Roll No 1623140074

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

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

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



*[Signature]*  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Rohan Singh 2) Roll No 1623140077

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 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

## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019

1) Name Sahil 2) Roll No 1623140081

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Sonam 2) Roll No 1623140091

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    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  
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## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Suraj 2) Roll No 1623140095

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 (4) 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  
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## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Vijay 2) Roll No 1623140097

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5 (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  
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## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019  
1) Name Vinay Kumar 2) Roll No 1623140/00

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester V<sup>th</sup> Date 21/06/2019

1) Name Yogesh

2) Roll No 1623140105

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    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

## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Zaid Saifi 2) Roll No 1623140107

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

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

Questions	Answer's
1. Workshop / Session objectives were stated clearly and meet.	5    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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## Feedback Form

### YOGA SESSION

Branch ME Semester 5<sup>th</sup> Date 21/06/2019  
1) Name Bunty Kumar 2) Roll No 1723140903

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

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

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



  
Director  
R.D. Engineering College  
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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	Gaurav
2	1523140001	AAKASH TYAGI	AB
3	1523140004	ADITYA GUPTA	Aditya
4	1523140005	AJAY KUMAR	Ajay
5	1523140006	AKASH DEEP	Akash
6	1523140007	AKSHIT	Akshit
7	1523140008	AKSHIT TYAGI	Akshit
8	1523140009	ALI ABBAS	AB
9	1523140010	AMAN VERMA	Aman
10	1523140011	AMIT KUMAR	Amit
11	1523140012	ANAND KUMAR	Anand
12	1523140013	ANKIT	Ankit
13	1523140014	ANKIT YADAV	Ankit
14	1523140016	ANUP KUMAR	Anup
15	1523140017	ANURAG SINGH	Anurag
16	1523140018	ARUN KUMAR	AB
17	1523140019	ASHISH GOEL	Ashish
18	1523140021	ASHWANI	Ashwani
19	1523140022	ASHWANI	Ashwani
20	1523140023	ASHWANI KUMAR	Ashwani
21	1523140024	ATUL KUMAR SHARMA	Atul
22	1523140026	DEEPAK	AB
23	1523140027	DEEPAK SAINI	Deepak
24	1523140028	DEEPAK TYAGI	Deepak
25	1523140029	DHARMENDRA KUMAR	Dharmendra
26	1523140031	DURVESH SHARMA	AB
27	1523140033	FIROZ KHAN	Firoz
28	1523140034	GAGANDEEP	Gagandeep
29	1523140036	GAURAV GOEL	Gaurav
30	1523140038	GAURAV SHARMA	AB
31	1523140039	GAURAV SINGH	Gaurav
32	1523140040	GAURAV TYAGI	Gaurav
33	1523140041	GOVIND KUMAR	Govind
34	1523140043	HARIOM	Harion
35	1523140046	HIMANSHU BHARDWAJ	Himanshu
36	1523140047	HITESH SHARMA	AB
37	1523140048	KALPIT DUBEY	Kalpita
38	1523140049	KAMALKANT SHARMA	Kamalkant
39	1523140050	KAMESH KUMAR	Kamesh
40	1523140051	KAPIL KUMAR	AB
41	1523140052	KAUSHAL PAL	Kaushal



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42	1523140054	KRISHAN KUMAR	Krishan Kumar
43	1523140055	KSHITIZ CHAUDHARY	Kshitiz
44	1523140057	MAKAB KUMAR	Makab
45	1523140058	MANISH KUMAR	Manish
46	1523140059	MD SARWAR ALAM	MD Sarwar Alam
47	1523140060	MOHD SAKIB	MD Sakib
48	1523140061	MOHD AZHAR	AB
49	1523140064	MOHNISH KUMAR	Mohnish
50	1523140065	MUKUL KUMAR	Mukul
51	1523140066	NADEEM	AB
52	1523140068	NEERAJ KUMAR	Neeraj
53	1523140069	NISHANT KUMAR	AB
54	1523140072	PAWAN KUMAR	Pawan
55	1523140073	PIYUSH MALHOTRA	Piyush
56	1523140074	PRASHANT SHARMA	Prashant
57	1523140075	PRAVEEN KUMAR	Praveen
58	1523140076	PRINCE CHAUHAN	AB
59	1523140077	PRIYAM SHARMA	Priyam
60	1523140078	RADHESHYAM PRASAD	Radhe
61	1523140080	RAHUL KUMAR BHARTI	AB
62	1523140082	RAJEEV SINGH	Rajeev
63	1523140084	RANJEET KUMAR	Ranjeet
64	1523140085	RASHID AHAMED ANSARI	Rashid
65	1523140086	RAVI BHUSHAN KUMAR	AB
66	1523140088	SACHIN KUMAR	Sachin
67	1523140089	SACHIN KUMAR	Sachin
68	1523140094	SANDEEP KUMAR	Sandeep
69	1523140096	SATISH KUMAR SINGH	Satish
70	1523140097	SAURABH VERMA	Saurabh
71	1523140098	SAURABH KUMAR YADAV	AB
72	1523140099	SHASHI BHUSHAN KUMAR	Shashi Kumar
73	1523140100	MOHD SHAYAN SAIFI	Mohd. Shayan
74	1523140101	SHEKHAR TYAGI	Shekhar
75	1523140102	SHIVAM KUMAR	AB
76	1523140104	SHIVAM SINGH	Shivam
77	1523140105	SHIVAM VATS	Shivam
78	1523140107	SHUBHAM	Shubham
79	1523140108	SHUBHAM TIWARI	Shubham
80	1523140109	SHUBHAM UPADHYAY	Shubham
81	1523140110	SIDDHARTH KARDAM	Siddhant
82	1523140113	SUMIT RAI	Sumit
83	1523140114	SUNIL	AB
84	1523140115	SUNIL KUMAR	Sunil
85	1523140117	SURYAMANI KUMAR	Suryamani
86	1523140118	TANISHQ KUMAR	Tanishq
87	1523140119	TAPAN PRATAP SINGH	AB
88	1523140120	TARUN KUMAR	Tarun



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89	1523140121	TARUN SAINI	Tarun Saini
90	1523140123	UMESH	Umesh.
91	1523140124	UMESH PRATAP SINGH	AB
92	1523140125	UMESH SINGH	Umesh.
93	1523140126	VAIBHAV TYAGI	AB
94	1523140128	VASU KUMAR	Vasu Kumar.
95	1523140129	VIJAY KUMAR	Vijay Kumar
96	1523140130	VIKAS KORI	Vikas Kori.
97	1523140131	VIKAS KUMAR	Vikas
98	1523140132	VIKAS KUMAR RAM	Vikas.
99	1523140134	VIKRANT	Vikrant
100	1523140135	VISHAL KUMAR	Vishal.
101	1523140136	VISHAL RUHELA	Vishal
102	1523140137	VIVEK BANSAL	Vivek
103	1523140138	VIVEK KUMAR	Vivek.
104	1523140139	YOGENDRA KUMAR SAINI	AB
105	1523140140	YOGENDRA SINGH	AB
106	1523140141	VINIT KUMAR PANDEY	Vinit Pandey
107	1623140901	DEEPAK KUMAR	Deepak
108	1623140902	HARSHIT CHOUDHARY	Harshit Choudhary
109	1623140903	KARAMVEER	Karamveer.
110	1623140905	ROHIT KUMAR	Rohit
111	1623140906	SACHIN	Sachin.



Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch M.E Semester 7<sup>th</sup> Date 21-6-2019

1) Name MUKUND JAIN 2) Roll No 1523140065

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name NEERAJ KUMAR 2) Roll No 1523140068

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Pawani Kumari 2) Roll No 1523140072

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Poojashant Sharma 2) Roll No 1523140074

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghazishahd

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Poornima Chauhan 2) Roll No 1523140076

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch M.E Semester 7<sup>th</sup> Date 21-6-2019

1) Name Radheshyam Prasad 2) Roll No 1523140078

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Rajeev Singh

2) Roll No 1523140082

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 31-6-2019

1) Name Rashid Ahmed Ansari 2) Roll No 1523170085

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

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

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



  
Director  
R.D. Engineering College  
Dubai, Ghaziehah



## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Sachin Kumar 2) Roll No 1523140088

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

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

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



  
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Duhai, Ghazipur

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Sandeep Kumar 2) Roll No 1523140094

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghazipur

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Saumabh Kumar Yadav 2) Roll No 1523140097

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Shashi Bhushan Kumar 2) Roll No 13231K0099

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Shekhar Tyagi

2) Roll No 1523140101

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

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

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



  
Director  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Shivam Singh

2) Roll No 1523140104

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

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

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



  
Director  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Shubham

2) Roll No 132314107

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

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

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



  
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R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-1-2019

1) Name Shubham Upadhyay 2) Roll No 1523140109

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Sumit Roy

2) Roll No 1523140113

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Sunil Kumar

2) Roll No 1523140115

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

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

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Tanisha Jumar 2) Roll No 1523140119

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

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

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



  
Director  
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## Feedback Form

### YOGA SESSION

Branch M.E

Semester 7th

Date 21-6-2019

1) Name Tarun Kumar

2) Roll No 1527140120

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Tarun Saini

2) Roll No 1523140121

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019  
1) Name Vmesh Prudip Singh 2) Roll No 1523140124

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

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

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



  
Director  
R.D. Engineering College  
Duhar, Chhat

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Vaibhav Jaisi

2) Roll No 1523110126

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME

Semester 7<sup>th</sup>

Date 21-6-2019

1) Name Vijay Kumar

2) Roll No 1523140129

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

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

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



  
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Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Vikas Kumar 2) Roll No 1523140131

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

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

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



  
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R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Vikrant

2) Roll No 1523140134

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Vishal R. Kheda 2) Roll No 1523140136

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name VIVEK KUMAR

2) Roll No 1523140138

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

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

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



  
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Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name yogendra Singh

2) Roll No. 1523140140

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



  
Director  
R.D. Engineering College  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Deepak Kumar 2) Roll No 1623140901

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch MCE

Semester 7<sup>th</sup>

Date 21-6-2019

1) Name KALWAN VIVEK

2) Roll No 1623140903

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME

Semester 7<sup>th</sup>

Date 21-6-2019

1) Name Sachin

2) Roll No 102314036

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

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

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Anup Kumar

2) Roll No 1523140016

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Ashwani Kumar

2) Roll No 1523140023

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



  
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## Feedback Form

### YOGA SESSION

Branch ME

Semester 7<sup>th</sup>

Date 21-6-2019

1) Name naqim

2) Roll No 1523140043

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



  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 02/6-2019

1) Name Dharmendra Kumar 2) Roll No 1523140029

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

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

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



  
Director  
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## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019  
~~22-6-2019~~

1) Name yivick kharin

2) Roll No 1923140033

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch MEE Semester 7th Date 07-6-2019  
1) Name Aravind Swastika 2) Roll No 1523140036

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 07-6-2019

1) Name Chakravar Singh

2) Roll No 1523140039

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 02-6-2019

1) Name Chuvinda Kumar 2) Roll No 1523140011

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019  
1523140046

1) Name Mimanshu Bhargava 2) Roll No 1523140046

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Gyanwar Kumar Singh 2) Roll No 152310009

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Aditya Gupta

2) Roll No 152340004

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 02-6-2019

1) Name AKASH DEEP

2) Roll No 1523140006

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch M/E Semester 7th Date 02/6/2019

1) Name Akshat Tyagi

2) Roll No 15271K0005

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 12-6-2019

1) Name Aman Kumar

2) Roll No 1523140010

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME

Semester 7th

Date 21-6-2019

1) Name Anand Kumar

2) Roll No 1523110012

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch M.E Semester 7th Date 21-6-2019

1) Name Ankit Yadav

2) Roll No 1523140014

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 12/6/2019

1) Name Anurag Singh

2) Roll No 1523160017

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghazipur

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Ashish Meel 2) Roll No 1523140019

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 02-6-2019

1) Name Ashwini

2) Roll No 1523140022

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 12-6-2019

1) Name Arun Kumar Sharma 2) Roll No 1523140021

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Dee-pak Gami 2) Roll No 1523140027

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Kalpita Dubey 2) Roll No 1523140048

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghazipur

## Feedback Form

### YOGA SESSION

Branch ME Semester 7th Date 21-6-2019

1) Name Kamsh Kumar 2) Roll No 1523140050

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Kaushal Pal

2) Roll No 1523110052

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Kunishan Kumar 2) Roll No 152310054

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziahad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Makshab Jummaz 2) Roll No 2-2311523140057

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name MD Saadul Alam 2) Roll No 1523110059

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziahad

## Feedback Form

### YOGA SESSION

Branch ME Semester 7<sup>th</sup> Date 21-6-2019

1) Name Mohd Azhar

2) Roll No 1523140021

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

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

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziahari

**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  
Duhai, Ghaziabad



Pankaj k &lt;hod\_ce@rdec.in&gt;

---

**LIFE SKILL ACTIVITY CONFIRMATION**

2 messages

---

**Pankaj k <hod\_ce@rdec.in>**

To: Neha Sharma &lt;nehasharma@rics.org&gt;

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" &lt;hod\_ce@rdec.in&gt;

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 &amp; Regards,

Neha Sharma

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





# R.D. ENGINEERING COLLEGE

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

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## 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

Director  
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](mailto: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 (**Uttarakhand 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 lohia 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**

  
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DELHI-NCR

# R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi  
9<sup>th</sup> 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](mailto:Info@rdec.in)

SEMINAR  
ON

FOCUS AND SELF CONTROL



Ms. NEHA SHARMA

# Focus/ Self Control

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.

### OBJECTIVES:-

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)

EVENT COORDINATOR

(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	Yadav
3	1723100003	ANIKET KUMAR GAUTAM	Aniket Gautam
4	1723100004	ANKIT TYAGI	Ankit Tyagi
5	1723100005	ANSHUMAN SINGH	Anshuman Singh
6	1723100006	ASHAWANI KUMAR	Ashawani
7	1723100007	ASHISH KUMAR	Ashish
8	1723100008	ASHISH KUMAR	Ashish
9	1723100012	HIMANSHU SINGH	Himanshu Singh
10	1723100013	KM MUKTA JAIWAL	Mukta
11	1723100015	NIRAJ GAUTAM	Niraj
12	1723100017	PIYUSH TYAGI	Piyush Tyagi
13	1723100018	RAVI RANJAN KUMAR	Ravi Ranjan
14	1723100019	RAVIKANT KUMAR	Ravikant
15	1723100020	SAMSHUL	Absent
16	1723100021	SANDEEP KUMAR	Sandeep
17	1723100023	SUMIT	Sumit
18	1723100024	TUSHAR THAKUR	T. Thakur
19	1723100025	UMAIR ALI KHAN	Absent
20	1723100026	UMESH CHANDRA BHARTIY	Umesh
21	1723100027	VISHAL	Vishal
22	1723100028	YOGESH	Yogesh
23	1765400011	SHWETA	Shweta
24	1823100901	AQEEB PARVEZ	Absent
25	1823100902	CHARU SHARMA	Charu Sharma
26	1823100903	JUNAID UL ISLAM	Absent
27	1823100904	KAJAL	Kajal
28	1823100905	KM.KIRTI	Kirti
29	1823100906	KM SONAM	Sonam
30	1823100907	MANOJ KUMAR MAURYA	Manoj
31	1823100908	MOHAMMED ALI QURESHI	Absent
32	1823100910	NISHANT SINGH	Nishant
33	1823100911	PANKAJ KUMAR SHARMA	Pankaj
34	1823100912	PAYAL	Payal
35	1823100913	RITIK CHAUDHARY	Ritik Chaudhary
36	1823100914	SHAISTA SHAFI	Absent
37	1823100915	SUMIT	Sumit
38	1823100916	UBAIDULLAH RATHER	Absent



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III Date 24/06/18

1) Name Sumit

2) Roll No 1823100915

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18  
1) Name Abhishek Yadav 2) Roll No 1723100002

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 / 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 ✓ 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18  
1) Name Aniket Kumar Gautam 2) Roll No 1723100003

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Ankit Tyagi 2) Roll No 1723100004

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18  
1) Name Anshuman Singh 2) Roll No 1723100005

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 / 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 ✓ 4 3 2 1





## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18

1) Name Ashwani kumar 2) Roll No 1723100006

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18  
1) Name Ashish Kumar 2) Roll No 1723100007

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III Date 24/06/18

1) Name Ashish Kumar 2) Roll No 1723100008

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 / 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 4 ✓ 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18

1) Name Himanshu Singh

2) Roll No 1723100012

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 / 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 ✓ 4 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18  
1) Name Mukta Jaiswal 2) Roll No 1723100013

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 / 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 4 ✓ 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18

1) Name Nisaj Gantam

2) Roll No 1723100015

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 / 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 4 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III Date 24/6/18

1) Name Piyush Tyagi

2) Roll No 1A2310001A

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

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/6/18  
1) Name Ravi Ranjan Kumar 2) Roll No 1723100018

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 / 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 ✓ 4 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Ravikant kumar 2) Roll No 1723/00019

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/01/18

1) Name Sandeep Kumar 2) Roll No 1723100021

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Sumit

2) Roll No 1723100023

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

  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Tushan Thakur

2) Roll No 1723100024

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/08/18

1) Name Vinay Chandra Rautiy 2) Roll No 1723100026

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/05/18

1) Name Vishal

2) Roll No 1723100027

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

  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Yogesh

2) Roll No 1723/00028

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name shweta

2) Roll No 1765400011

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester TII Date 24/06/18

1) Name Charu sharma

2) Roll No 1823100902

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 / 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 4 3 2 1

  
Director  
R.D. Engineering College  
Duhai, Ghazlabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III Date 24/06/2018

1) Name Kajal

2) Roll No 1823100904

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 / 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)    4    3    2    1

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Kirti

2) Roll No 1823/00905

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Sonam

2) Roll No 1823100906

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

  
Director  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III Date 24/06/2018

1) Name Manoj Kumar Maurya 2) Roll No 1823100907

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CF Semester 3<sup>rd</sup> Date 24/06/18

1) Name Nishant Singh 2) Roll No 1823100910

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

  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester III Date 24/06/18

1) Name Pankaj Kumar Sharma 2) Roll No 1823100911

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

  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Sayed

2) Roll No 1823100912

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 3<sup>rd</sup> Date 24/06/18

1) Name Ritik Chaudhary 2) Roll No 1823100913

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

  
Director  
R.D. Engineering College  
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**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	<i>[Signature]</i>
2	1623100003	ABHISHEK	<i>[Signature]</i>
3	1623100005	AJAY GAUTAM	Abjeet
4	1623100006	AKSHAY	<i>[Signature]</i>
5	1623100007	AKSHAY KUMAR	<i>[Signature]</i>
6	1623100009	ANKUR KUMAR	<i>[Signature]</i>
7	1623100011	DHIRAJ KUMAR YADAV	Abjeet
8	1623100012	GOURAV	<i>[Signature]</i>
9	1623100013	KAMIL	<i>[Signature]</i>
10	1623100014	KM KIRAN	Abjeet
11	1623100015	MANISH KUMAR	<i>[Signature]</i>
12	1623100016	MEGHA	<i>[Signature]</i>
13	1623100017	MOHD NOMAAN SIDDIQUI	<i>[Signature]</i>
14	1623100018	MONIKA GAUTAM	<i>[Signature]</i>
15	1623100021	RAJAN TYAGI	Abjeet
16	1623100024	SHAGUN TYAGI	<i>[Signature]</i>
17	1623100025	SHERYAB	<i>[Signature]</i>
18	1623100026	SHIVANI	<i>[Signature]</i>
19	1623100027	SOHAIL KHAN	Abjeet
20	1623100028	SONU KUMAR	<i>[Signature]</i>
21	1623100029	SUMIT	<i>[Signature]</i>
22	1623100030	VINOD KUMAR	<i>[Signature]</i>
23	1623100031	WAQUAR YUNUS	Abjeet
24	1623100032	YASH KUMAR	<i>[Signature]</i>
25	1623100033	YASH SAXENA	<i>[Signature]</i>
26	1623110082	PREM KUMAR	Abjeet
27	1723100901	AADIL	<i>[Signature]</i>
28	1723100902	AADIL AHMAD GANIE	<i>[Signature]</i>
29	1723100903	AAKASH TYAGI	<i>[Signature]</i>
30	1723100904	ABHISHEK GAUTAM	<i>[Signature]</i>
31	1723100905	AKASH CHAUDHARY	<i>[Signature]</i>
32	1723100906	AKSHAY TYAGI	Abjeet
33	1723100907	ASMAT JAN	<i>[Signature]</i>
34	1723100908	AZEEM KHAN	<i>[Signature]</i>
35	1723100909	FARMAN KHAN	<i>[Signature]</i>
36	1723100911	MD AZEEM IQBAL	<i>[Signature]</i>
37	1723100915	RAHUL KUMAR	<i>[Signature]</i>
38	1723100918	SHEHNAWAZ AHMED	<i>[Signature]</i>
39	1723100919	VIKAS KUMAR	<i>[Signature]</i>

*[Signature]*  
 Director  
 R.D. Engineering College  
 Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 21-6-18

1) Name Vikas Kumar

2) Roll No 1723100919

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Shenwaz Ahmed 2) Roll No 1723100918

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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Rahul Kumar 2) Roll No 1723100915

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

  
Director  
R.D. Engineering College  
Duha, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24-6-18

1) Name MD AZEEM IQBAL 2) Roll No 1723100911

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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24-6-18

1) Name Farman Khan 2) Roll No 1723100909

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

  
Director  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CS Semester 5<sup>th</sup> Date 24-6-18

1) Name Azraam Khan

2) Roll No 1723100908

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

  
Director  
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Duhai, Ghaziabad





## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Asmat Jan

2) Roll No 1723100907

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Shreyansh 2) Roll No. 1623100025

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

  
Director  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Akshay

2) Roll No 1623100006

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Akshay Kumar 2) Roll No 162310007

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 / 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 (4) 3 2 1

  
Director  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Gyanendra V

2) Roll No 1623100012

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 / 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 4 3 2 1

  
Director  
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Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/5/18

1) Name Kampl

2) Roll No 1623100013

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 / 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	4	3	2	1

  
Director  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Mahesh Kumar 2) Roll No 1623100015

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date \_\_\_\_\_

1) Name Megha.

2) Roll No 1623100015.

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 / 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 4 3 2 1

  
Director  
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Duhai, Ghaziabad





## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18.

1) Name Nomarah Siddiqui.

2) Roll No 1623100017

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 / 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 4 3 2 1

  
Director  
R.D. Engineering College  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th. Date 24/6/18

1) Name Mohika Gautam 2) Roll No 1623100018

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 / 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 4 3 2 1

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Shagun Tyagi

2) Roll No 1623100024

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 29/6/18

1) Name Abhishek K.

2) Roll No 1623100003

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24/6/18

1) Name Abhijeet Srivastava 2) Roll No 16 2810002

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 / 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 (4) 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Alkash Chauhan 2) Roll No 1723100905

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

  
Director  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Abhishek Gautam 2) Roll No 1723100901

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 21-6-18

1) Name Aakrsh Tyagi

2) Roll No 1723100903

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-19

1) Name Aadil Ahmed Qasbi 2) Roll No 1723100902

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Radil

2) Roll No 1723100001

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5th Date 24-6-18

1) Name Yashi Saxena

2) Roll No 1623100033

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 / 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    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 20-8-18

1) Name Yash Kumar

2) Roll No 162310032

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 20-6-18

1) Name Waqar Iqbal

2) Roll No 1623/00036

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 20-6-18  
1) Name Sumit 2) Roll No 1623100029

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24-6-18

1) Name Sonu Kumar

2) Roll No 1623100029

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 5<sup>th</sup> Date 24/6/18  
1) Name Shivani 2) Roll No 1623100026

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

  
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Duhai, Ghaziabad





**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	Aakash
2	1523100002	AKASH TYAGI	Aakash
3	1523100003	AMAN PRATAP SINGH	Aman
4	1523100004	AMIT KUMAR	Amit
5	1523100005	ANAND KUMAR CHAUDHARY	Anand
6	1523100009	ASAD AKRAM	Absent
7	1523100012	BOBY	Boby
8	1523100013	CHETAN SINGH	Chetan
9	1523100015	DHARMENDAR PARTAP SINGH	Absent
10	1523100016	DHEER SINGH	Dheer
11	1523100017	GANAPAT SINGH	Ganpat
12	1523100020	GYANENDRA KUMAR	Absent
13	1523100021	HARDIK TYAGI	Hardik
14	1523100023	HARSHIT KUMAR VATS	Harshit
15	1523100024	HIMANSHU SHARMA	Himanshu
16	1523100025	JYOTI SHARMA	Jyoti
17	1523100026	KAPIL	Kapil
18	1523100027	KAPIL KUMAR SHARMA	Kapil
19	1523100028	KHALIL ULLAH	Absent
20	1523100029	KUMARI BHAWANA	Kumari Bhawana
21	1523100031	MD AZHAR KHAN	Absent
22	1523100033	MD NEZAM UDDIN	Absent
23	1523100034	MD. ASIF IQBAL	Asif Iqbal
24	1523100035	MOHD SALMAN KHAN	Absent
25	1523100036	MOHIN KHAN	Absent
26	1523100038	MUNENDRA	Munendra
27	1523100039	NARENDRA KUMAR	Absent
28	1523100040	NAZIM RANA	Absent
29	1523100042	NIMA NAZ	Absent
30	1523100043	NITIN BHARTI	Nitin
31	1523100044	PANKAJ	Pankaj
32	1523100045	PANKAJ KUMAR	Pankaj
33	1523100046	PRADEEP KUMAR	Pradeep
34	1523100047	PRAKASH SINGH	Prakash
35	1523100048	PRAKASH SINGH CHONKAR	Absent
36	1523100049	PRAMANSHU CHAUHAN	Prakash
37	1523100051	RAHUL KUMAR	Rahul
38	1523100052	RAHUL KUMAR BHARTI	Rahul
39	1523100053	RAJESH KUSHAWAHA	Absent
40	1523100054	RISHABH	Rishabh

  
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41	1523100055	RISHABH KUMAR MAURYA	<i>Rishabh</i>
42	1523100056	ROBIN	<i>Robin</i>
43	1523100057	SANJAY GAUTAM	<i>Sanjay</i>
44	1523100058	SHIVAM SHARMA	<i>Absent</i>
45	1523100059	SHIVAM TYAGI	<i>Shivam</i>
46	1523100061	SHUBHAM RAWAT	<i>Absent</i>
47	1523100063	SURAJ KUMAR BHARATI	<i>Suraj</i>
48	1523100064	UPKAR SINGH	<i>Absent</i>
49	1523100065	VARUN SINGHAL	<i>Varun</i>
50	1523100066	VATSALYA SUMAN	<i>Vatsalya</i>
51	1523100067	VICKY SENGAR	<i>Vicky</i>
52	1523100068	VIKRANT TYAGI	<i>Vikrant</i>
53	1523100069	VINIT KUMAR	<i>Vinit</i>
54	1523100072	VISHAL SHARMA	<i>Absent</i>
55	1623100901	DELSHAD AHAMAD	<i>Delshad</i>
56	1623100902	SUNIL KUMAR	<i>Absent</i>
57	1623100903	VIVEK KUMAR	<i>Vivek</i>
58	1623100801	VISHAL KUMAR	<i>Vishal</i>

*[Signature]*

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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 24/6/18

1) Name Ganapat Singh

2) Roll No 1523100017

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/05/18

1) Name Kapil Kumar Sharma 2) Roll No 1523100027

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 / 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 4 3 2 1

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Anand Kumar Chaudhary 2) Roll No 1523100005

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 / Seminar objectives were stated clearly and meet.	<del>5</del> 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 <del>4</del> 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 <del>4</del> 3 2 1
6. Overall, I am satisfied with this workshop.	5 <del>4</del> 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/06/18


1) Name MD. Asif Iqbal

2) Roll No 1523106034

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/6/18

1) Name Rahul Kumar Bhatti 2) Roll No 1523/60052

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/06/18

1) Name Vikrant Tyagi 2) Roll No 1523100068

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 / 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) 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 24/06/2018

1) Name Vivek kumar

2) Roll No 1623100903

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 / 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 ✓    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 24/05/18

1) Name Vatsalya Suman

2) Roll No 1523100086

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 / 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    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Robin

2) Roll No 1523/10056

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/06/18

1) Name Pramanhu Chauhan 2) Roll No 1523100049

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 24/06/2018

1) Name Pradeep Kumar

2) Roll No. 1523100045

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 / 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    4    3    2    1

## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/6/18

1) Name Bhawana

2) Roll No 152310029

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 2<sup>nd</sup> Date 24/6/18

1) Name Jyoti sharma

2) Roll No 152310025

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 / 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    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Himanshu Sharma 2) Roll No 1523100024

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

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/06/18

1) Name Dheer Singh

2) Roll No 1523100016

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 / 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    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/8/18

1) Name Akash Tyagi

2) Roll No 152310002

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Hardik Tyagi

2) Roll No 1523100021

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 / 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    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Harshit Kumar Vata

2) Roll No 1523100023

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 24/06/18

1) Name Kapil

2) Roll No 1523100026

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 / 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 4 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7th Date 24/06/18

1) Name Rishabh

2) Roll No 1523100054

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 / 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) 4 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 29/6/18

1) Name Munendra

2) Roll No 1523/00038

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 / 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 ✓    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/6/2018

1) Name Narendra Kumar 2) Roll No 1523100039

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 29/05/18

1) Name Pankaj

2) Roll No 1523/00044

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Pankaj Kumar 2) Roll No 1523100045

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

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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Parakash Singh 2) Roll No 1523100047

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Rahul Kumar

2) Roll No 1523100051

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 / 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    4    3    2    1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Nitin Bhatti

2) Roll No 1523100043

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 / 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    4    3    2    1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Chetan Singh

2) Roll No 152316013

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 / 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 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Boby

2) Roll No 1523100012

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester VII Date 24/06/2018

1) Name Amit Kumar

2) Roll No 1523100004

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 / 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 (4) 3 2 1

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Aman Pratap Singh 2) Roll No 152310003

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

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24/06/18

1) Name Alakash Tyagi

2) Roll No 1523100001

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 / 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) 4 3 2 1

  
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## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CS Semester 7th Date 24-6-18

1) Name Vishal Kumar

2) Roll No 1623100901

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

  
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### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24-6-18

1) Name Dedghad Ahmad 2) Roll No 1623100901

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 / 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 4 3 2 1

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CSE Semester 7th Date 20-6-18

1) Name Vinit Kumar

2) Roll No 1523100069

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziniad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 9<sup>th</sup> Date 24-6-18

1) Name Vicky Sengupta 2) Roll No 1523100067

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24-6-18

1) Name Varun Singhal

2) Roll No 1523100065

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch C.E. Semester 7<sup>th</sup> Date 20-6-18

1) Name Sunny Kumar Bharati 2) Roll No 1523100063

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

  
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R.D. Engineering College  
Duhai, Ghaziabad





## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch C&E Semester 7<sup>th</sup> Date 24-6-18

1) Name Shivam Tyagi

2) Roll No 1523100059

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24-6-18

1) Name Samiraj Gautam

2) Roll No 1523100057

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 / 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    4    3    2    1

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



## Feedback form

### SEMINAR ON FOCUS AND SELF CONTROL

Branch CE Semester 7<sup>th</sup> Date 24-6-18

1) Name Rishabh Kumar Maurya 2) Roll No 152310055

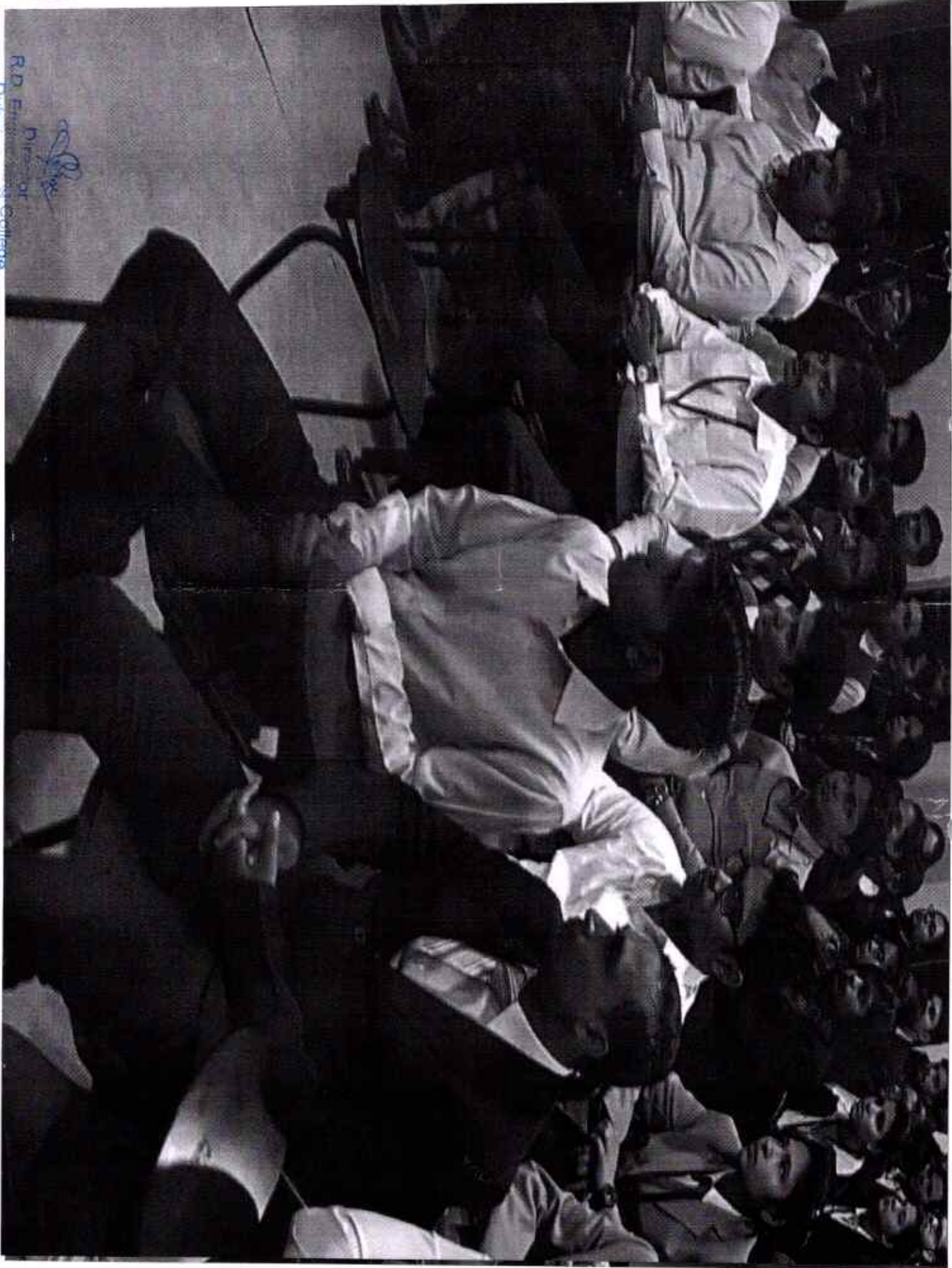
Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies

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

Questions	Answer's
1. Workshop / 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    4    3    2    1

  
Director  
R.D. Engineering College  
Duhai, Ghazalabad





R.D. Engineering College  
Duhai, Ghazniabad



**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 21<sup>st</sup> 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.

Prof. Ashutosh Pradhan  
(Head, MCA)



Director  
R.D. Engineering College  
Duhai, Ghaziabad

CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board

9th KM Mile Stone on NH-58 Delhi Meerut Road Duhai Ghaziabad-201206 (U.P)

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

Email: [info@rdec.in](mailto:info@rdec.in)

Website: [www.rdec.in](http://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.

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

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

## Objective

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

  
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Duhai, Ghaziabad



## Future Outcomes

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

H.O.D MCA

EVENT COORDINATOR

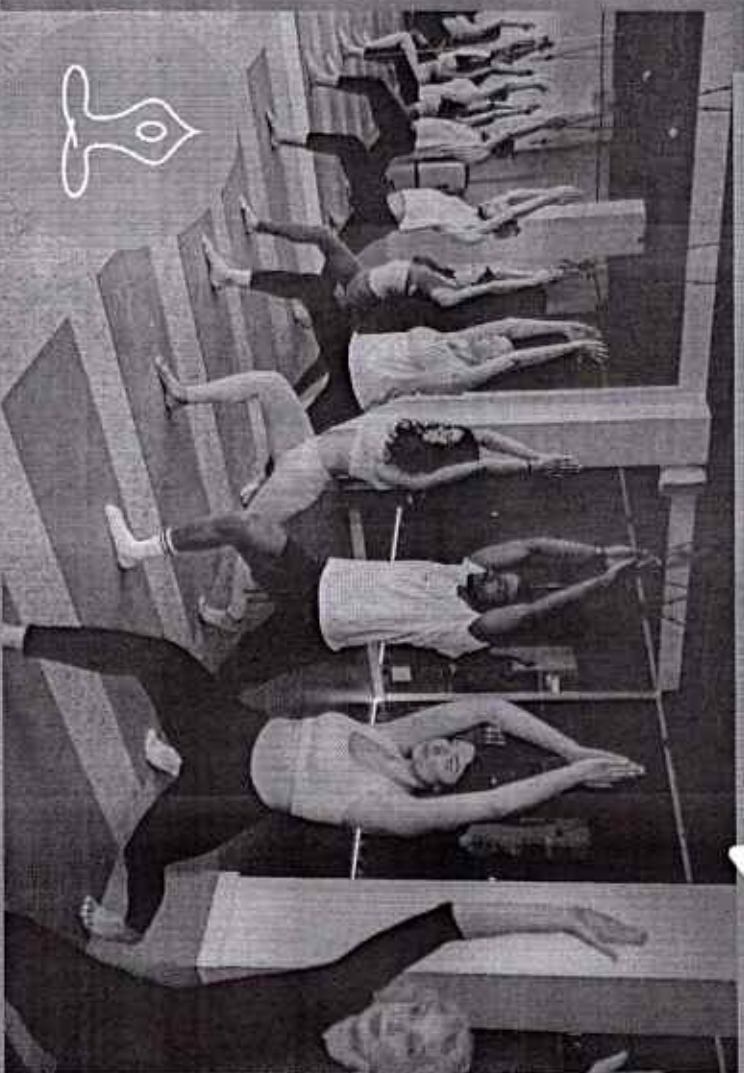


# R.D. ENGINEERING COLLEGE

DATE - 21/06/2019

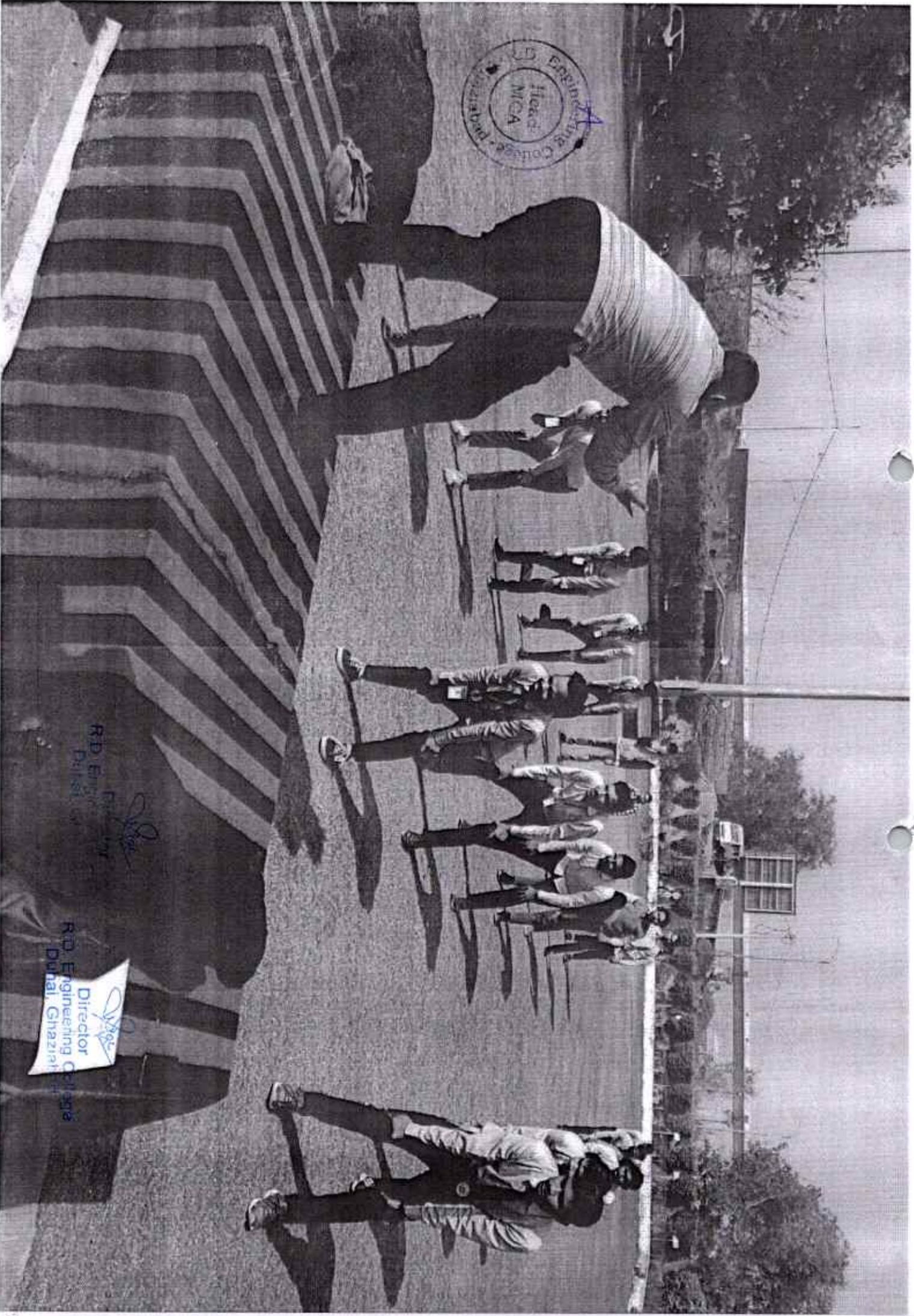
## YOGA SESSION

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.



Director  
R.D. Engineering College  
Duhai, Ghaziabad





ERRATA  
Head  
NICA  
R.D. Engineering College, PUNJAB

R.D. Engineering College  
Punjab  
*[Signature]*

Director  
R.D. Engineering College  
Punjab, Ghazipur  
*[Signature]*

**Vivek Bhardwaj**

**vivekbhardwajyogsaadhak@gmail.com**

**RESOURCE PERSON PROFILE**

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

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

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

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



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## Invitation for Seminar

3 messages

hodmca<hod\_mca@rdec.in>

Fri, June 14, 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, June 17, 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

[Quoted text hidden]

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



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

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

  
 Director  
 R.D. Engineering College  
 Duhai, Ghaziabad



Yoga Session  
**ATTENDANCE OF MCA STUDENTS PARTICIPATED IN**  
**ORGANISED BY R.D.ENGINEERING COLLEGE**  
**UNDER THE AEGIS OF IQAC DATED: 2/06/19**

SNo	ROLL NO.	NAME	YEAR	SIGNATURE
1	1723114901	ABDUL AHAD	3 <sup>rd</sup> 6 <sup>th</sup> sem	Abdul
2	1723114902	ANITA KUMARI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Anita Kumari
3	1723114904	ANSHUL TYAGI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Anshul Tyagi
4	1723114905	ARPANA TYAGI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Arpana Tyagi
5	1723114909	GAYATRI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Gayatri
6	1723114910	GOPAL BHATT	3 <sup>rd</sup> 6 <sup>th</sup> sem	Gopal Bhatt
7	1723114911	JYOTI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Jyoti
8	1723114914	KM. NEHA NARESH	3 <sup>rd</sup> 6 <sup>th</sup> sem	Km. Naresh
9	1723114915	KRISHNA KANT SHARMA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Krishna Kant Sharma
10	1723114916	MADHAV BHARDWAJ	3 <sup>rd</sup> 6 <sup>th</sup> sem	Madhav
11	1723114917	MANISH SHARMA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Manish Sharma
12	1723114918	MEGHA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Megha
13	1723114919	NAVEEN SAINI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Naveen Saini
14	1723114920	NEETU KUMARI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Neetu Kumari
15	1723114921	NEHA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Neha
16	1723114922	NEHA SINGH	3 <sup>rd</sup> 6 <sup>th</sup> sem	Neha Singh
17	1723114923	NISHA KASHYAP	3 <sup>rd</sup> 6 <sup>th</sup> sem	Nisha Kashyap
18	1723114924	PALLAVI SINGHAL	3 <sup>rd</sup> 6 <sup>th</sup> sem	Pallavi Singhal
19	1723114925	PINKY BHARTI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Pinky Bharti
20	1723114926	PRIYA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Priya
21	1723114927	PRIYA SHARMA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Priya Sharma
22	1723114928	PRIYANKA RANI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Priyanka Rani
23	1723114929	RAJESH KUMAR	3 <sup>rd</sup> 6 <sup>th</sup> sem	Rajesh Kumar
24	1723114931	RASHMI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Rashmi
25	1723114932	RITU	3 <sup>rd</sup> 6 <sup>th</sup> sem	Ritu
26	1723114935	SATYENDAR SINGH	3 <sup>rd</sup> 6 <sup>th</sup> sem	Satyendar Singh
27	1723114936	SEEMA	3 <sup>rd</sup> 6 <sup>th</sup> sem	Seema
28	1723114938	SUHAIL KHAN	3 <sup>rd</sup> 6 <sup>th</sup> sem	Suhail Khan
29	1723114941	SWATI SINGH	3 <sup>rd</sup> 6 <sup>th</sup> sem	Swati Singh
30	1723114942	SWATI TOMAR	3 <sup>rd</sup> 6 <sup>th</sup> sem	Swati Tomar
31	1723114943	SWATI TYAGI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Swati Tyagi
32	1723114944	VAISHALI	3 <sup>rd</sup> 6 <sup>th</sup> sem	Vaishali
33	1723114947	VIPIN CHAUHAN	3 <sup>rd</sup> 6 <sup>th</sup> sem	Vipin Chauhan
34	1723114948	VIPUL CHAUDHARY	3 <sup>rd</sup> 6 <sup>th</sup> sem	Vipul Chaudhary
35	1723114949	VIRENDRA KUMAR	3 <sup>rd</sup> 6 <sup>th</sup> sem	Virendra Kumar
36	1723114951	VISHNU KUMAR SINGH	3 <sup>rd</sup> 6 <sup>th</sup> sem	Vishnu Kumar Singh
37	1723114952	YASHU AGRAWAL	3 <sup>rd</sup> 6 <sup>th</sup> sem	Yashu Agrawal

Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>TH</sup> Date 21/06/19

1) Name ARDUL KALAM

2) Roll No 1823114902

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

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

  
Director  
R.D. Engineering College  
Luhai, Ghaziabad



# Feedback form

## Yoga Exercise

Branch MCA Semester 4th sem Date 21/6/19

1) Name Anug chandela

2) Roll No 1823114902

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## Yoga Exercise

Branch MCA Semester 4<sup>th</sup> sem Date 21/06/2019  
1) Name Anuradha 2) Roll No 1823104902

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>TH</sup> Date 21/06/19

1) Name ARTI TYAGI

2) Roll No 1823114904

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/19

1) Name DEEPAK

2) Roll No 1823114906

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 4<sup>th</sup> Sem Date 21/06/2019  
1) Name Deepak Singh 2) Roll No 1823114907

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4TH Date 21/06/19

1) Name DHEERAJ YADAV

2) Roll No 1823114908

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

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

R.D.F.  
D.11



# Feedback form

## Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/19

1) Name Himanshu Bhardwaj

2) Roll No 1823114909

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/2019

1) Name Jyoti Rani

2) Roll No 1823114910

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4TH Date 21/06/2019  
1) Name KAPIL KUMAR 2) Roll No 1823114911

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/19

1) Name KM Sakshi

2) Roll No 1823114913

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/19

1) Name km shivoni tyagi 2) Roll No 1823114914

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4TH Date 21/06/19

1) Name MEGHA GUPTA 2) Roll No 1823114915

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>th</sup> sem Date 21/06/19

1) Name Mohd AHF

2) Roll No 1823114916

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>sen</sup> Date 21/06/2019  
 1) Name MOHD Azam Khan 2) Roll No 1823114917

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA

Semester 4TH

Date 21/06/2019

1) Name NANDINI

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

  
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# Feedback form

## Yoga Exercise

Branch MCA

Semester 4th sem

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>th</sup> sem Date 21/06/2019  
1) Name Prashant Kumar 2) Roll No 1823114922

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>TH</sup> Date 21/06/2019  
1) Name PRASHANT VARSHNEY 2) Roll No 1823114923

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/19

1) Name REKHA

2) Roll No 1823114929

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4<sup>th</sup> Sem Date 21/06/2019  
1) Name Swapnil garg 2) Roll No 1823114928

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4TH Date 21/06/2019  
1) Name SWEETY 2) Roll No 1823114927

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

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

  
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Duhai, Ghaziabad



# Feedback form

## Yoga Exercise

Branch MCA Semester 4<sup>th</sup> sem Date 21/06/23

1) Name Vijwal Dhaniga 2) Roll No 1823114929

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 4 sem Date 21/06/2019  
1) Name Vaishali 2) Roll No 1823114930

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA

Semester 4<sup>TH</sup>

Date ~~06~~ 21/06/2019

1) Name VEGNAM

2) Roll No 1823114931

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 6TH Date 21/06/2019

1) Name ABDUL

2) Roll No 1723114901

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/2019

1) Name Anita Kumari

2) Roll No 1723114902

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> Sem Date 21/06/2019

1) Name Anshul Tyagi 2) Roll No 1723114904

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 6TH Date 21/06/2019

1) Name ARPANA TYAGI

2) Roll No 1723114905

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6th sem Date 21/06/2019

1) Name Gayatri

2) Roll No 1723114909

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

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

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# Feedback form

## Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/2019

1) Name Gopal Rhat 2) Roll No 1723114910

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>TH</sup> Date 21/06/19

1) Name JYOTI 2) Roll No 1723114911

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/19

1) Name K.M. NEHA Nareesh

2) Roll No 17 23114914

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> ~~th~~ sem Date 21/06/19

1) Name Krishona Kant Sharma 2) Roll No 1723114915

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

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓	✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	<div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;"> <span style="margin: 0 auto;">YES</span> </div>		NO	

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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>TH</sup> Date 21/06/19

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

  
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Duhai, Ghaziabad





## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/19

1) Name Manish sharma

2) Roll No 1723114917

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

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

  
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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> - Sem Date 21/06/19  
1) Name Me.gha 2) Roll No 1723114918

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6TH Date 21/06/19  
1) Name NAVGEN SAINI 2) Roll No 1723114919

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 6<sup>th</sup> Date 21/06/19

1) Name Neetu Kumari

2) Roll No 17111723114920

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

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

  
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# Feedback form

## Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/19

1) Name Alha

2) Roll No 1723114921

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

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

  
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## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>TH</sup> Date 21/06/19

1) Name NAHA SINGH

2) Roll No 1723114922

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

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

  
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Duhai, Ghaziabad



# Feedback form

## Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/05/19

1) Name Nisha Kashyap

2) Roll No 1723114923

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

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

  
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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> Sem Date 21/06/19  
1) Name Pallavi Singhal 2) Roll No 1723114924

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

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

  
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Duhai, Ghaziabad





# Feedback form

## Yoga Exercise

Branch MCA Semester 6TH Date 21/06/19

1) Name PINKY BHARTI

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

  
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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/19

1) Name Priya

2) Roll No 1723114926

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

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

  
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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6 Sem Date 21/06/19

1) Name Priya Sharma 2) Roll No 1723114927

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

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

  
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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6TH Date 21/06/19

1) Name PRIYANKA RANI

2) Roll No 1723114928

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

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

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## Feedback form

### Yoga Exercise

Branch MCA Semester 6th sem Date 21/06/19

1) Name Rajesh Kumar

2) Roll No 1722114929

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

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

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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/19  
1) Name Rashmi 2) Roll No 1723114931

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

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

  
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Duhar, Ghazipur



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>TH</sup> Date 21/06/19  
1) Name RITU 2) Roll No 1723114932

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

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

  
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Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6th sem Date 21/06/19

1) Name Satxendra Singh

2) Roll No 1723114935

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> Sem Date 21/06/19  
1) Name Seema 2) Roll No 1723114938

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6TH Date 21/06/19

1) Name SUHAIL KHAN

2) Roll No 1723114938

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6th sem Date 21/06/13

1) Name Swati Singh

2) Roll No 1723114941

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6-sem Date 21/06/15

1) Name Swati tomar 2) Roll No 1723114942

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

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

  
Director  
R.D. Engineering College  
Dunai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6TH Date 21/06/15

1) Name SWATI TYAGI 2) Roll No 1723114948

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>th</sup> Date 21/06/19

1) Name Vaishali

2) Roll No 1723114944

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

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

Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 6<sup>sem</sup> Date 21/06/19

1) Name Vipin Chaudhary 2) Roll No 17231149607

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## Yoga Exercise

Branch MCA Semester 6<sup>th</sup> Date 21/06/19

1) Name VIPUL CHOUDHARY 2) Roll No 1723114948

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





# Feedback form

## Yoga Exercise

Branch MCA Semester 6<sup>th</sup> sem Date 21/06/19

1) Name Vivekendra Kumar

2) Roll No 1723114949

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester 5<sup>th</sup> sem Date 21/06/13

1) Name Vishnu Kumar Singh 2) Roll No 1723114951

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch MCA Semester GTH Date 21/06/13

1) Name YASHU AGRAWAL 2) Roll No 1723114953

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# **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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Gmail

Search in mail

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## Invitation for Yoga Session External Inbox X

Dr. Gaurav Bansal <hdombta@rdcc.in>  
to virek.bhardwaj221@gmail.com

Dear Mr. Virek Bhardwaj,

We cordially invite you to conduct a Session on "YOGA" at our institution. Your expertise in the field of Yoga is valuable to our students and faculty members. The Session is scheduled on 21-06-2019 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience. We greatly appreciate your consideration of this invitation and look forward to your positive response.

Best regards,

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

  
Director  
R.D. Engineering College  
Duha, Ghaziabad





VIVEK BHARDWAJ

To me

Dear Sir,

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

Regards,  
Vivek Bhardwaj

Thank you for your support. Thanks for your response. Our pleasure!

Reply Forward

Director  
R.D. Engineering College  
Duhai, Ghaziabad



Activate Windows  
Go to Settings to activate



# 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

# **VIVEK BHARDWAJ**

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

## **OBJECTIVES**

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

## **ACADEMICS**

B.Sc. (Zoology Hones)

## **PROFESSIONAL QUALIFICATIONS**

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

## **PROFESSIONAL EXPERIENCE**

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

## **PERSONAL DETAILS**

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

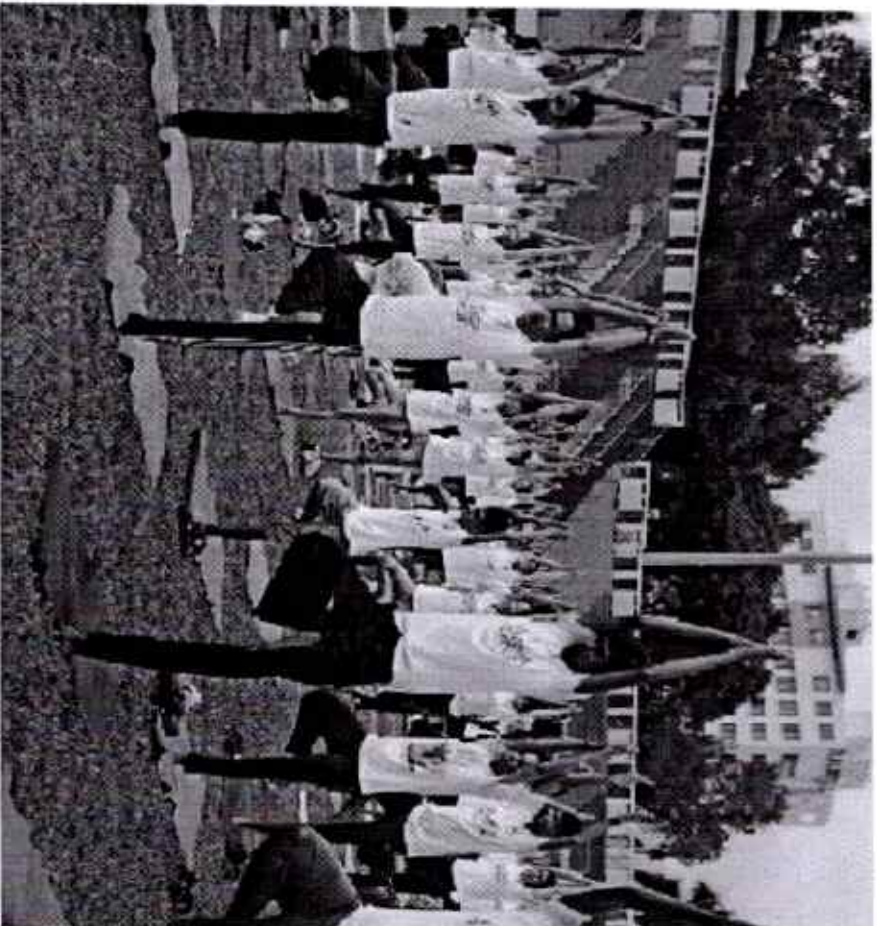




DELHI-NCR

# R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi  
9<sup>th</sup> 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](mailto:Info@rdec.in)



**SESSION**

**ON**

**YOGA**



**MR. VIVEK BHARDWAJ**

**TIME: 10:00AM**

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

**DATE:21/06/2019**



Director  
Engineering College  
Ghaziabad



# 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 Bhardwaj

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 OUTCOMES:-

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

HOD MBA

(SIGNATURE)



EVENT COORDINATOR

(SIGNATURE)

Director  
R.D. Engineering College  
Duhai, Ghaziabad

R.D. Engineering College, Ghaziabad (231)			
Yoga Session			
MBA- I Year (2018-19)			
S. No.	Roll No.	Student Name	Date-21/06/2019
S. No.	Roll No.	Student Name	Signature
1	1823170001	AAKASH TYAGI	Akash Tyagi
2	1823170002	AAKIL MALIK	AB
3	1823170003	ALTAMASH	Altamash
4	1823170004	AMRITA SHRIVASTAVA	Amrita
5	1823170005	ANCHAL TYAGI	Anchal
6	1823170006	ANU SHARMA	Anu
7	1823170007	ARYAN	Aryan
8	1823170008	BHAWANA TOMAR	Bhawana
9	1823170009	CHARU SINGH	Charu Singh
10	1823170011	DEEPAK KUMAR	Deepak
11	1823170012	DEEPAK SINGH	AB
12	1823170015	INA SINGH	Ina
13	1823170016	JATIN SINGHAL	Jatin
14	1823170017	KANIKA GOEL	Kanika
15	1823170018	KM NANCY	Nancy
16	1823170019	KM BHAWNA GAUTAM	Bhawna
17	1823170020	KM RITU	AB
18	1823170021	KM SHIKHA	Shikha
19	1823170022	KM SWADHA SINGH	Swadha
20	1823170023	KM. HEMLATA	Hemlata
21	1823170024	KM. NIKHIL	Nikhil
22	1823170025	KM. SOONAM	Soonam
23	1823170026	KM. BABITA RANI	Babita
24	1823170027	KM. JYOTI SINGH	Jyoti
25	1823170028	KM. PRIYA KARDAM	Priya
26	1823170029	KM. RITU SAINI	Ritu
27	1823170030	KM. SHIVANI	Shivani
28	1823170031	KOMAL	Komal
29	1823170032	KUMARI LOKESH	Lokesh
30	1823170033	KUMARI SHALU RANI	Shalu
31	1823170034	MANSHA BATRA	Mansha
32	1823170035	MANSI TYAGI	Mansi
33	1823170036	MOHIT PAL	Mohit
34	1823170037	MONIKA SINGHAL	Monika
35	1823170038	NEHA	AB
36	1823170039	NEHA KUMARI	Nehe
37	1823170040	NIKITA SHARMA	Nikita
38	1823170041	PATHAK DEEP KAMAL	Deep Kamal
39	1823170042	POOJA TYAGI	AB

  
 Director  
 R.D. Engineering College  
 Duha, Ghaziabad



40	1823170043	POONAM KUMARI	Poonam
41	1823170044	PRIYA	AB
42	1823170045	PRIYANKA	Priyanka
43	1823170046	PRIYANKA	Priyanka
44	1823170047	RINKLE •	Rinkle
45	1823170048	SADHANA GAUTAM	Sadhana
46	1823170049	SAGAR TYAGI	AB
47	1823170050	SAINTI SHARMA	Sainti
48	1823170051	SAKSHI GUPTA	Sakshi
49	1823170054	SHIPRA PARASHER	Shipra
50	1823170057	SIDDHARTH KUMAR	AB
51	1823170058	VED PRAKASH	Ved Prakash
52	1823170059	VED PRAKASH	AB
53	1823170060	YOGENDRA •	Yogendra

  
 Director  
 R.D. Engineering College  
 Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Rinkle 2) Roll No 1823140047

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 / 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Yogendra 2) Roll No 1823170060

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Monika Singhal 2) Roll No 1823170037

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



  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

# Feedback form

## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Mohit Pal 2) Roll No 1823170036

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 / 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



*[Signature]*  
Director  
P.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 2/10/2019

1) Name Maneha Batra 2) Roll No 1823170034

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 / 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

  
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## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Kumari Shalu Rani 2) Roll No 1823170033

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

  
Director  
R.D. Engineering College  
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# Feedback form

## YOGA SESSION

Branch MBA Semester II Date 21/06/2019  
1) Name Komal 2) Roll No 1823170031

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 / 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

  
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# Feedback form

## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Shivani 2) Roll No 1823170030

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

  
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## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Pritya Kaxdam 2) Roll No 1823170028

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 / 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

  
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## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Kim Syoti Singh 2) Roll No 1823/70027

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 / 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

  
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## Feedback form

### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name KM Soomam 2) Roll No 182370025

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019  
1) Name Km. Nikhil 2) Roll No 1823170024

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 / 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

  
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## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Km Sneadha Singh 2) Roll No 1823170022

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 / 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

  
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## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name KM Shikha 2) Roll No 1923170021

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019  
1) Name Km Bhawana Gautam 2) Roll No 1823170019

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 / 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

  
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## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Km. Nancy 2) Roll No 1823170018

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Jatin Singhal 2) Roll No 1823110016

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 / 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

  
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## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Jna Singh 2) Roll No 1823170015

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019  
1) Name Deepak Kumar 2) Roll No. 1823170011

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

  
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## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Charu Singh 2) Roll No 182317009

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 / 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

  
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Director  
Datta





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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Aryan 2) Roll No 1823170007

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Anu Sharma 2) Roll No 1823170006

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Ameeta Srivastava 2) Roll No 1823170004

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 / 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

  
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## YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Altamash 2) Roll No 1823170003

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 / 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

  
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### YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Aakash Tyagi 2) Roll No 1823170001

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 / 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

  
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## R D Engineering College, Ghaziabad

Yoga Session

MBA- II YEAR (2018-19)

S.No.	Roll No.	Student's Name	Date-21/06/2019 Signature
1	1723170001	AARTI	<i>Aarti</i>
2	1723170002	ABHINAV	<i>AB</i>
3	1723170003	AKANSHA NIRWAN	<i>Akansha</i>
4	1723170005	ANCHIT KARDAM	<i>Anchit</i>
5	1723170006	ANUJ KUMAR	<i>Anuj Kumar</i>
6	1723170007	ARPIT TYAGI	<i>AB</i>
7	1723170008	ATUL KUMAR	<i>Atul</i>
8	1723170009	BHARAT PATHAK	<i>Bharat</i>
9	1723170010	BHARTI	<i>AB</i>
10	1723170011	CHETAN KUMAR	<i>Chetan</i>
11	1723170012	DEEPAK KUMAR	<i>Deepak</i>
12	1723170014	GAURAV SAHLOT	<i>Gaurav</i>
13	1723170015	HEENA	<i>AB</i>
14	1723170016	KAJAL SHARMA	<i>Kajal</i>
15	1723170017	KAPIL KUMAR	<i>Kapil</i>
16	1723170018	KAPIL KUMAR	<i>Kapil</i>
17	1723170019	KARISHMA GUPTA	<i>Karishma</i>
18	1723170020	KM ANJALI	<i>AB</i>
19	1723170021	KM JYOTI	<i>Jyoti</i>
20	1723170022	KM KANCHAN	<i>Kanchan</i>
21	1723170023	KM POOJA	<i>AB</i>
22	1723170024	KM SHAINKI	<i>Shainki</i>
23	1723170025	KM SHALU	<i>Shalu</i>
24	1723170027	KM SHIVANI SRIVASTAVA	<i>Shivani</i>
25	1723170030	KOMAL SHARMA	<i>Komal</i>
26	1723170032	LOVELY TYAGI	<i>Lovely</i>
27	1723170033	MANAV GAUR	<i>Manav</i>
28	1723170035	MANISH RUHELA	<i>Manish</i>
29	1723170036	MONIKA KUMARI	<i>Monika</i>
30	1723170037	NAVNEET KUMAR	<i>Navneet</i>
31	1723170038	NISHANT TYAGI	<i>Nishant</i>
32	1723170039	NYAIYANG KONYAK	<i>AB</i>
33	1723170040	POONAM GAGRAI	<i>Poonam</i>
34	1723170041	PRACHI JAIN	<i>Prachi</i>
35	1723170045	RAVI KORI	<i>Ravi</i>
36	1723170046	SACHIN KUMAR	<i>AB</i>
37	1723170047	SARITA RANI	<i>Sarita</i>
38	1723170048	SARVESH KUMAR TIWARI	<i>Sarvesh</i>
39	1723170049	SATENDER SINGH	<i>Satender</i>
40	1723170050	SAYED SALMAN AHMED	<i>Sayed</i>
41	1723170051	SHIVANI SHARMA	<i>Shivani</i>



*[Signature]*

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42	1723170052	SHRIKANT SHARMA	AB
43	1723170054	SHUBHANGI SHARMA	Shubhangi
44	1723170055	SILKY KARDAM	AB
45	1723170056	SUMIT KUMAR	Sumit
46	1723170059	VINAY TYAGI	Vinay
47	1723170060	YOGESH KUMAR	Yogesh

  
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 Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Sumit Kumar 2) Roll No 1723170056

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

  
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# Feedback form

## YOGA SESSION

Branch MBA Semester 18 Date 21/06/2019

1) Name Yogesh Kumar 2) Roll No 1723170060

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

  
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### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019  
1) Name Prachi Jain 2) Roll No 1723170041

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 / 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

  
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## YOGA SESSION

Branch MBA Semester 13 Date 21/06/2019  
1) Name Nishant tyagi 2) Roll No 1723190038

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

  
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### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Monika Kumari 2) Roll No 1723170036

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 / 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester 1~~8~~ Date 21/06/2019

1) Name Km shalu 2) Roll No 1723170025

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

  
Director  
R.D. Engineering College  
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## Feedback form

### YOGA SESSION

Branch MBA Semester 1~~st~~ Date 21/06/2019

1) Name Km Kanchan 2) Roll No 1723170022

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 / 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 18 Date 21/06/2019

1) Name Km Anjali 2) Roll No 1723190020

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 / 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester 18 Date 21/06/2019

1) Name Kapil Kumar 2) Roll No 1723170017

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





## Feedback form

### YOGA SESSION

Branch MBA

Semester 18

Date 21/06/2019

1) Name Heena

2) Roll No 1723170015

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 / 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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Deepak kumar 2) Roll No 1723170012

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 / 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

  
Director  
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Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Bharat Pathak 2) Roll No 17231700109

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 / 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Atul Kumar 2) Roll No 1723170008

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 / 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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Ayush Tyagi 2) Roll No 1723170007

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 / 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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Yogendra Kumar 2) Roll No 1723170060

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 / 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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Shaikant sharma 2) Roll No 1723170052

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 / 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

  
Director  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Silky Kardam 2) Roll No 1723/30055

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

  
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## Feedback form

### YOGA SESSION

Branch MBA Semester 1<sup>st</sup> Date 21/06/2019

1) Name Vinay Tyagi 2) Roll No A23170059

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester 1B Date 21/06/2019

1) Name Shivani Sharma 2) Roll No 1723190051

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 / 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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester 3V Date 21/06/2019  
1) Name Aashti 2) Roll No 1923190001

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

  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 3V Date 21/06/2019

1) Name Abhinav 2) Roll No 1723170002

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 / 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

  
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R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester IV Date 21/06/2019  
1) Name Anchit Kadam 2) Roll No 1A221A0005

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 / 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

  
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Duhai, Ghaziabad



## Feedback form

### YOGA SESSION

Branch MBA Semester 3<sup>rd</sup> Date 21/06/2019

1) Name Kemal Sharma 2) Roll No 1723170030

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

  
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# Feedback form

## YOGA SESSION

Branch MBA Semester IV Date 21/06/2019

1) Name Manav Gaur 2) Roll No 1723190033

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 / 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

  
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Duhai, Ghaziabad



# Feedback form

## YOGA SESSION

Branch MBA Semester IV Date 21/06/2019

1) Name Shivani Sharma 2) Roll No 1A231A0051

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

  
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Director  
R.D. Engineering College  
Dijhai, Sheztabad



# RD ENGINEERING COLLEGE

## NAAC CRITERIA - 5.1.2

(Capacity building and skills Initiatives)

Session- ..... 2018-19 .....

Program

1. .... JCF LIFE SKILLS .....

Topics

2. .... Yoga .....

Date

..... 21/06/2019 .....

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



hod\_mca <hod\_mca@rdec.in>

## 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 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, June 17, 2019 at 3:57PM

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

(Quoted text hidden)

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad

**Vivek Bhardwaj**

**vivekbhardwajyogsaadhak@gmail.com**

**RESOURCE PERSON PROFILE**

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

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

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

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

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



Director  
R.D. Engineering College  
Duhai, Ghaziabad



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

## Notice

This is hereby informed to all the students of IT that R.D Engineering College is celebrating a **International Yoga Day** on 21<sup>st</sup> 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

IQAC

Departmental Notice Board

Hostel Notice Board

R.D. Engineering College  
Duhai, Ghaziabad



# YOGA

With: VIVEK BHARDWAJ

21/06/2019 | 07:00AM | R.D. ENGINEERING  
COLLEGE, GHAZIABAD



Director  
R.D. Engineering College  
Duhai, Ghaziabad



# Department Of IT

## Session 2018-19

### **Report of Yoga Conducted For B.Tech Student**

**Topic:** - YOGA

**Speaker:** - Mr. Vivek Bhardwaj

**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 2<sup>nd</sup> Year and 3<sup>rd</sup> Year students. Approximately 30 students have benefited by this program.

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

#### **OBJECTIVES:-**

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

#### **FUTURE OUTCOMES:-**

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

HOD B.Tech (IT)  
(SIGNATURE)



*Hemant*  
EVENT COORDINATOR  
(SIGNATURE)

*Vivek*  
Director  
R.D. Engineering College  
Duhai, Ghazipur

**ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 21/06/2019**

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	1723113001	AADESH SHARMA	2nd Year	IT	Aadesh
2	1723113002	AASTHA	2nd Year	IT	Aastha
3	1723113004	AFZAL AHMAD	2nd Year	IT	Afzal
4	1723113006	AKSHARA BHARDWAJ	2nd Year	IT	Akshara
5	1723113007	ALISHA KARN	2nd Year	IT	Alisha
6	1723113008	AMULYA TYAGI	2nd Year	IT	Amulya
7	1723113009	ANIL KUMAR	2nd Year	IT	Anil
8	1723113010	ANKIT RAGHAV	2nd Year	IT	Ankit
9	1723113011	ANUPAM YADAV	2nd Year	IT	AB
10	1723113014	CHIRANJEEV VATS	2nd Year	IT	Chiranjeev
11	1723113015	DIVYANSHU SHARMA	2nd Year	IT	Divyanshu
12	1723113016	DUSHYANT KUMAR	2nd Year	IT	Dushyant
13	1723113017	GAURAV SHARMA	2nd Year	IT	Gaurav
14	1723113018	HANSIKA KARN	2nd Year	IT	Hansika
15	1723113020	ISHIKA TYAGI	2nd Year	IT	Ishika
16	1723113022	NISHANT KUMAR TYAGI	2nd Year	IT	Nishant
17	1723113023	PAVAN KUMAR	2nd Year	IT	Pavan
18	1723113024	PRANJAL MISRA	2nd Year	IT	Pranjali
19	1723113025	PRATHAM SHARMA	2nd Year	IT	Pratham
20	1723113026	ROHIT	2nd Year	IT	Rohit
21	1723113027	SAHIL KUMAR	2nd Year	IT	Sahil
22	1723113030	SIDDHANT GOEL	2nd Year	IT	Siddhant
23	1723113031	SUBHANSHU VERMA	2nd Year	IT	Subhanshu
24	1823113901	DEEPA RANI	2nd Year	IT	Deepa
25	1623113001	AAKASH GOYAL	3rd Year	IT	Aakash
26	1623113002	ABHISHEK TYAGI	3rd Year	IT	AB
27	1623113003	ADARSHI BHARTI	3rd Year	IT	Adarshi
28	1623113004	AKSHAY TYAGI	3rd Year	IT	Akshay
29	1623113005	ANKUR KASHYAP	3rd Year	IT	Ankur
30	1623113006	ARPIT JAISWAL	3rd Year	IT	AB
31	1623113009	GEETA	3rd Year	IT	Geeta
32	1623113010	RAHUL BHARDWAJ	3rd Year	IT	Rahul
33	1623113011	RISHABH KUMAR	3rd Year	IT	Rishabh
34	1623113012	SAURABH KUMAR	3rd Year	IT	Saurabh
35	1623113014	UMANG TYAGI	3rd Year	IT	AB

  
 Director  
 R.D. Engineering College  
 Duhai, Ghaziabad





# Feedback form

## Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



# Feedback form

## Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Durai, Ghatkoti



## Feedback form

### Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziahad



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch IT Semester VI Date 21/06/2019

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

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

  
Director  
R.D. Engineering  
Duhai





## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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 all
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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:	✓ YES			NO

  
Director  
R.D. Engineering College  
Duhai, Ghazal



## Feedback form

### Yoga Exercise

Branch IT Semester VI Date 21/06/2019

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

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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:	✓ YES		NO	

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



# Feedback form

## Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghazal



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

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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:	✓ YES		NO	

  
Director  
R.D. Engineering College  
Duhai, Ghazal, Qatar



# Feedback form

## Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

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

*[Handwritten signature]*  
D. P. D.



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghazliyah



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Dubai, Ghazalabad



## Feedback form

### Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziahad





## Feedback form

### Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Dubai, Emirate of Dubai



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/2019

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

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



# Feedback form

## Yoga Exercise

Branch IT

Semester VI

Date 21/06/2019

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad



## Feedback form

### Yoga Exercise

Branch IT

Semester IV

Date 21/06/19

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghazal



## Feedback form

### Yoga Exercise

Branch II Semester VI Date 21/06/19

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghazian



## Feedback form

### Yoga Exercise

Branch II

Semester IV

Date 21/06/19

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



# Feedback form

## Yoga Exercise

Branch IT

Semester VI

Date 9/16/19

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghazipur



# Feedback form

## Yoga Exercise

Branch IT

Semester VI

Date 21/6/19

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

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

  
Director  
R.D. Engineering College  
Duhai, Ghaziabad





## Feedback form

### Yoga Exercise

Branch II

Semester IV

Date 21/6/19

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

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

  
Director  
T.D. Engineering College  
P. O. 100000

