



R.D. ENGINEERING COLLEGE

Approved By AICTE New Delhi & Affiliated To Dr. APJ Abdul Kalam Technical University,
9KM MILE STONE ON NH-58 DELHI MEERUT ROAD DUHAI GHAZIBAD-201206 (U.p)
PHONE:0120-2679301,02,03,04 FAX:0120-2679300

Email:info@rdec.in

Website:www.rdec.in

Criteria-5

5.1.2

Life skill

(Name of Event)

Yoga session

YEAR:- 1ST YEAR

COURSE:-B.Tech

SESSION:-2022-2023

Director
R.D. Engineering College
Duhai, Ghaziabad





Yoga Session

message

Mr. Manu Kothiyal <sendittomanu@gmail.com>

Mon, 16 Jun, 2022 at 4:18 pm

To: <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 Session on 21st June 2022**. 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
Engineering College
Ghaziabad





Yoga session
1 message

Mr. Vivek Bhardwaj <vivekbhardwaj12@gmail.com>

Friday, 17 Jun, 2022 at 3:18 pm

To: <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
Buzurg, Ghazipur





R.D. ENGINEERING COLLEGE

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

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

Email: info@rdec.in

Website: www.rdec.in

NOTICE

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

DATE:- 21st June, 2022

VENUE:- A Block 2nd Floor Seminar Hall

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

Your Faithfully,


Mr. Manu Kothiyal

(EVENT COORDINATOR)

CC;

For Kind Info. Chairman,

Director

Dean Academic

IQAC Cell

Hostel Warden

Students Notice Board

Hostel Notice Board





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 :19TH SEPTEMBER,2022

TIME :11.00 AM

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



Vivek

Event coordinator: Mr.Manu kothiyal

Director
R.D. Engineering College
Duhai, Ghaziabad





R.D. ENGINEERING COLLEGE

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9th KM Mile Stone on NH-58 Delhi Meerut Road Duhai Ghaziabad-201206(U.P)
Phone: 0120-2679301,02,03,04 Fax:0120-2679300

Email: info@rdec.in

Website: www.rdec.in

Guest Profile

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

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

Director
R.D. Engineering College
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 | Abbas Chaudhary | Civil Engineering | 1st | Abbas |
| 2 | Abhishek Yadav | " | 1st | Abhishek |
| 3 | Ankit Tyagi | " | 1st | Ankit |
| 4 | Anshuman Singh | " | 1st | Anshuman |
| 5 | Ashish Kumar | " | 1st | Ashish |
| 6 | Himanshu Singh | " | 1st | Himanshu |
| 7 | Himanshu Singh | " | 1st | Ashish |
| 8 | Niraj Gautam | " | 1st | Himanshu |
| 9 | Piyush Tyagi | " | 1st | Himanshu |
| 10 | Ravi Kumar Roman | " | 1st | Piyush |
| 11 | Ravikant Kumar | " | 1st | Ravi Kumar |
| 12 | Sanshu | " | 1st | Absent |
| 13 | Sandeep Kumar | " | 1st | Absent |
| 14 | Sumit | " | 1st | Sandeep |
| 15 | Ushant Thakur | " | 1st | Sumit |
| 16 | Imam Ali Khan | " | 1st | Absent |
| 17 | Vishal | " | 1st | Imam Ali |
| 18 | Yogesh | " | 1st | Vishal |
| 19 | Yasheta | " | 1st | Yogesh |
| 20 | Akeep Ranveer | " | 1st | Yasheta |
| 21 | Imam Ali Islam | " | 1st | Absent |
| 22 | Rajal | " | 1st | Akeep |
| 23 | R.M. Rishi | " | 1st | Imam |
| 24 | R.M. Sonam | " | 1st | Rajal |
| 25 | Manoj Kumar Manoj | " | 1st | R.M. |
| 26 | Pankaj Kumar Sharma | " | 1st | Absent |
| 27 | Royal | " | 1st | Sonam |
| 28 | Ritik Chaudhary | Computer Eng. | 1st | Absent |
| 29 | Shresta Shaji | " | 1st | Pankaj |
| 30 | Sumit | " | 1st | Absent |
| 31 | Shivani | " | 1st | Royal |
| 32 | Aditya Raj | " | 1st | Shivani |
| 33 | Ankasha Tyagi | " | 1st | Aditya |
| 34 | Aditi Tyagi | " | 1st | Ankasha Tyagi |
| 35 | Nayash Tyagi | " | 1st | Nayash |
| 36 | Aditi Sethi | " | 1st | Absent |
| 37 | Ankasha Tyagi | " | 1st | Aditi Sethi |
| 38 | Ankur | " | 1st | Ankasha |
| 39 | Deepak | " | 1st | Ankur |
| 40 | Deepak Jha | " | 1st | Deepak |
| 41 | Deepak Kumar | " | 1st | Deepak Kumar |
| 42 | Govind | " | 1st | Absent |
| 43 | Harshit Tyagi | " | 1st | Govind |
| 44 | Jai Kishore | " | 1st | Absent |
| 45 | R.M. Bharti | " | 1st | Kishore |
| 46 | R.M. Divya | " | 1st | Divya |
| 47 | R.M. Soniya | " | 1st | Soniya |
| 48 | R.M. Swati Partha | " | 1st | Soniya |
| 49 | Manish | " | 1st | Swati |
| 50 | Manisha | " | 1st | Manish |



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

| S. NO | NAME OF STUDENT | BRANCH | YEAR | SIGNATURE |
|-------|---------------------|-------------------|-----------------|-------------------|
| 1 | Kartik Meena | Civil Engineering | 1 st | Kartik Meena |
| 2 | Kartikay Sharma | Civil Engineering | 1 st | Kartikay |
| 3 | Kashish Tomar | Civil Engineering | 1 st | Kashish Tomar |
| 4 | Khushwender Singh | Civil Engineering | 1 st | Khushwender Singh |
| 5 | Komal Maurya | Comp. Science | 1 st | Komal |
| 6 | Lavi | Comp. Science | 1 st | Lavi |
| 7 | Lucky Khamb | Comp. Science | 1 st | Lucky |
| 8 | Mayank Jain | Comp. Science | 1 st | Mayank |
| 9 | Mayank Kumar | Comp. Science | 1 st | Mayank Kumar |
| 10 | Mohd Esa | Comp. Science | 1 st | Absent |
| 11 | Naina | Comp. Science | 1 st | Naina |
| 12 | Nitin Tyagi | Comp. Science | 1 st | Nitin Tyagi |
| 13 | Pari Sharma | Comp. Science | 1 st | Pari Sharma |
| 14 | Prashant Choudhary | Comp. Science | 1 st | Prashant |
| 15 | Piyush Kumar Singh | Comp. Science | 1 st | Piyush |
| 16 | Prakash Chaudhary | Comp. Science | 1 st | Prakash |
| 17 | Prashant Kumar | Comp. Science | 1 st | Prashant Kumar |
| 18 | Preeti Singh | Comp. Science | 1 st | Preeti Singh |
| 19 | Prince Joshi | Comp. Science | 1 st | Prince Joshi |
| 20 | Princy Sharma | Comp. Science | 1 st | Princy |
| 21 | Prayanshu Chaudhary | Comp. Science | 1 st | Prayanshu |
| 22 | Princy Sharma | Comp. Science | 1 st | Princy |
| 23 | Prayanshu Hegi | Comp. Science | 1 st | Prayanshu |
| 24 | Purni Tyagi | Comp. Science | 1 st | Purni Tyagi |
| 25 | Pushpam | Comp. Science | 1 st | Pushpam |
| 26 | Rahul | Comp. Science | 1 st | Rahul |
| 27 | Rahul Yadav | Comp. Science | 1 st | Rahul |
| 28 | Raja Singh | Comp. Science | 1 st | Raja |
| 29 | Rajeev Rathore | Comp. Science | 1 st | Rajeev |
| 30 | Ranjeet Giri | Comp. Science | 1 st | Absent |
| 31 | Ramrak Sharma | Comp. Science | 1 st | Ramrak Sharma |
| 32 | Rishabh Tyagi | Comp. Science | 1 st | Absent |
| 33 | Ritik Chaudhary | Comp. Science | 1 st | Ritik Chaudhary |
| 34 | Ritu Arya | Comp. Science | 1 st | Ritu |
| 35 | Riya | Comp. Science | 1 st | Absent |
| 36 | Sakshi Kumari | Comp. Science | 1 st | Sakshi Kumari |
| 37 | Santeev Kumar | Comp. Science | 1 st | Santeev Kumar |
| 38 | Sankalp Agarwal | Comp. Science | 1 st | Sankalp |
| 39 | Shagun Sharma | Comp. Science | 1 st | Shagun |
| 40 | Shahbaz Alam | Comp. Science | 1 st | Shahbaz |
| 41 | Shivam Kumar | Comp. Science | 1 st | Shivam |
| 42 | Shubham Tiwari | Comp. Science | 1 st | Absent |
| 43 | Sneha Agarwal | Comp. Science | 1 st | Sneha |
| 44 | Soni Shikha | Comp. Science | 1 st | Soni |
| 45 | Sonu Patel | Comp. Science | 1 st | Sonu |
| 46 | Saurabh Kumar | Comp. Science | 1 st | Saurabh |
| 47 | Shashiti Agarwal | Comp. Science | 1 st | Shashiti |
| 48 | Suket Tyagi | Comp. Science | 1 st | Suket |
| 49 | Parag Tyagi | Comp. Science | 1 st | Parag |
| 50 | Shubham Sharma | Comp. Science | 1 st | Absent |



Feedback form of Yoga Session

Branch Information Tech Semester 1st Date 21/June/22

1) Name JATAN Singh 2) Roll No 2202310130019

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you 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 |



Feedback form of Yoga Session

Branch Computer Sci & Eng Semester 1st Date 21/June/22

1) Name AADARSH TIWARI 2) Roll No 2202310100001

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you 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
U.P. - 221122



Feedback form of Yoga Session

Branch Elect. & Comm. Eng. Semester 1st Date 21/June/22

1) Name Pruce 2) Roll No 2202310310013

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you 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
Engineering College



Department of Applied Science & Humanities Session 2022-23

Report of Workshop conducted for B.Tech first year Students

Topic:- Yoga Session

Speaker:- Mr.Vivek Bhardwaj

Date:- 21st June, 2022

Time:- 11:00am

Venue:- A Block 2nd floor seminar hall

This workshop is organized by Department of Applied Sciences & Humanities 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.

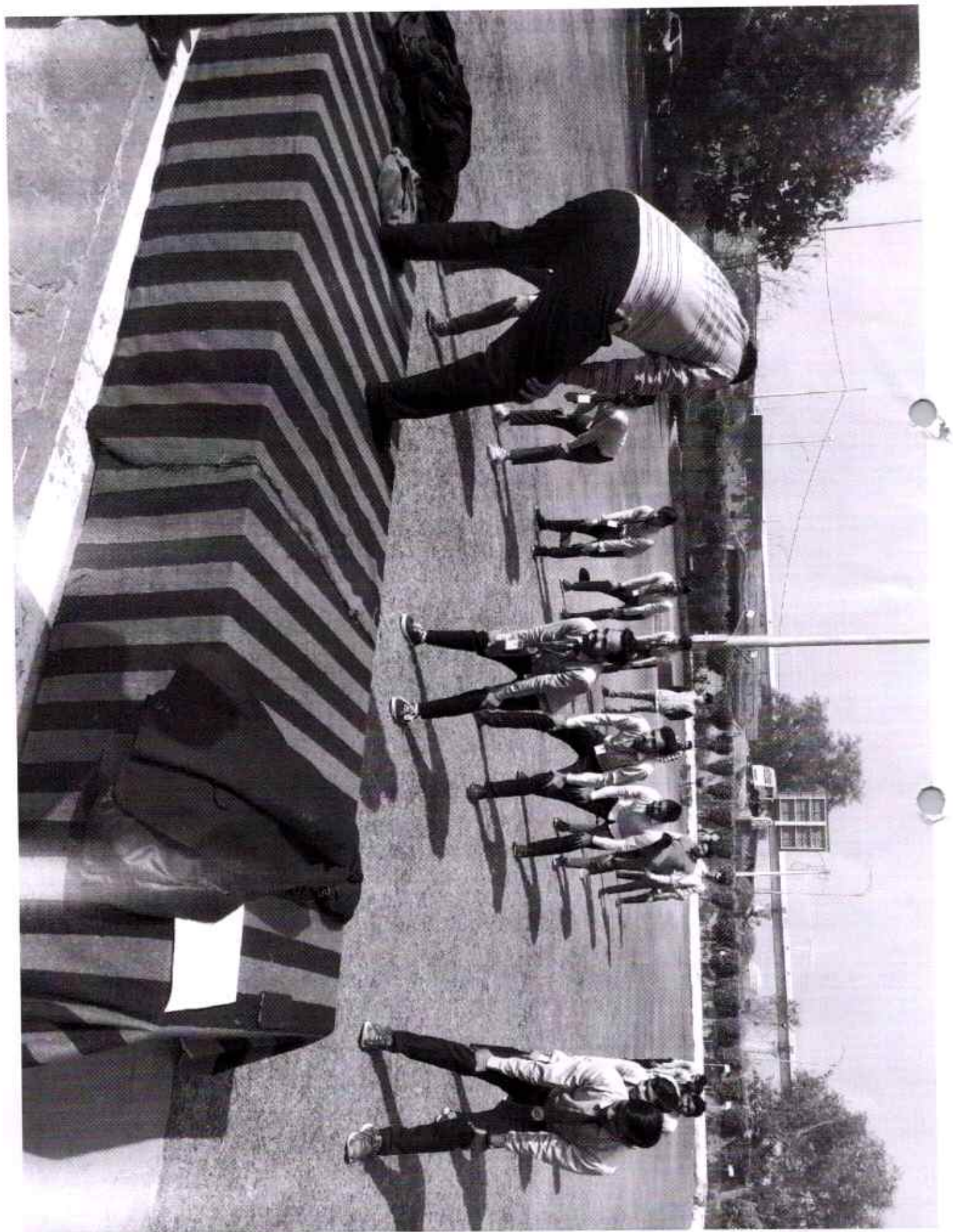
FUTURE OUTCOMES:-

- 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

(Capacity building and skills Enhancement)

DEPARTMENT OF CIVIL ENGINEERING

Session- **2022-2023**

Program

LIFE SKILL

Topics

PROGRAM ON SELF AWARENESS

Date 23/06/23



Director
R.D. Engineering College
Duhai, Ghaziabad



Pankaj k <hod_ce@rdec.in>

Seminar Confirmation

2 messages

Pankaj k <hod_ce@rdec.in>

Tue, 20 Jun, 2023 at 10:34 AM

To: Ankita kapur <ankitakapur15@gmail.com>

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

Dear Ms. Ankita Kapur

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 program on self awareness 23 June 2023

We believe that your insights would greatly benefit our students.

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

Ankita Kapur <ankitakapur15@gmail.com>

Thu, Jun 21, 2023 at 2:56 PM

To: "hod_ce@rdec.in" <hod_ce@rdec.in>

Dear Dr. Pankaj,

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

Thanks & Regards,

Ms. Ankita Kapur.




Director
R.D. Engineering College



R.D. ENGINEERING COLLEGE

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Under the aegis of IQAC

Notice

This is hereby informed to all the students of Civil Engineering that a one day program on SELF AWARENESS will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on **23/06/2023** at **10:00 am in A block seminar hall.**

Faculty coordinator for above program is Mr. Dharmendra Kumar. Contact him for any further queries or difficulties.


Dr. Pankaj Singh
(Head & Professor Civil Engineering Dept.)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

Dr.Sunaina Dutta

HEAD-HR,Hettich India Pvt.Ltd

Over 18 years of experience in Leadership & Management of full spectrum HR functions with establishing & developing HR departments and contributing to productivity, culture & cost savings initiatives with focus on overall organizational development, change management, business excellence and transformation in a matrix structure.

Currently associated with Hettich India Pvt. Ltd. (Hardware/Furniture/Building material Industry) as HEAD – HR and collaborating with senior leadership to define the strategic direction of the People function, shaping the company's culture and building a robust talent acquisition, development, and retention framework.



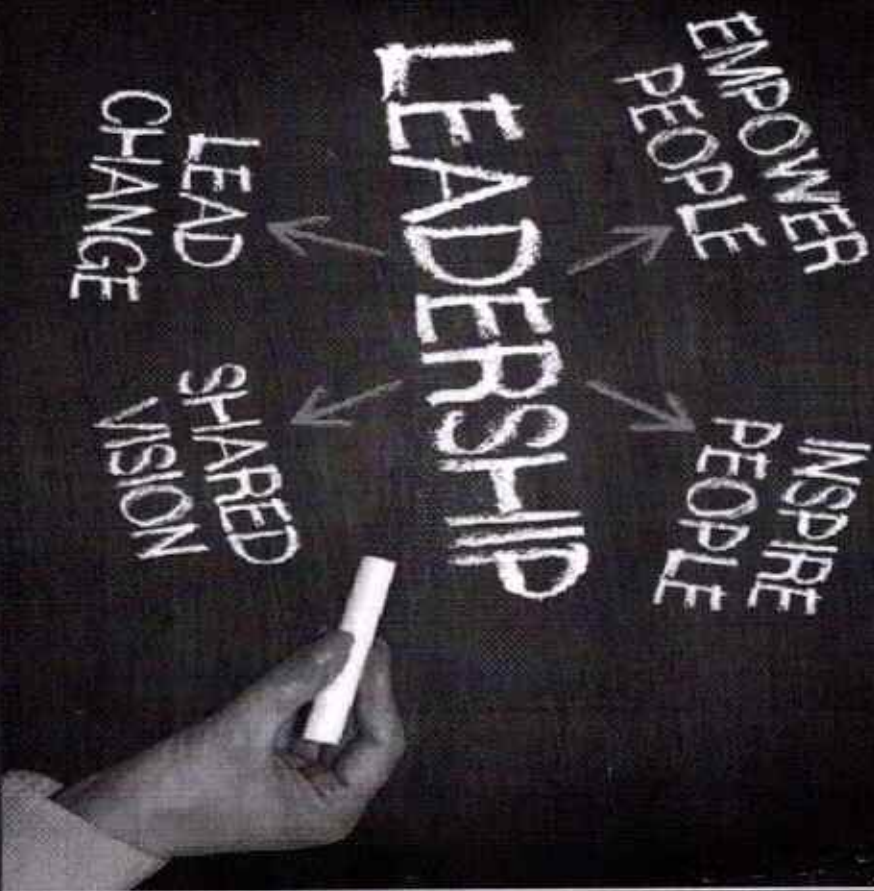

Director
R.D. Engineering College
Duhai, Ghaziabad



DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

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



**PROGRAM
ON
SELF AWARENESS**



Dr. SUNAINA DUTTA

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

TIME: 10:00AM

DATE: 23/06/23





R.D. ENGINEERING COLLEGE

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

Session 2019-20

DEPARTMENT OF CIVIL ENGINEERING

Report of program Life skill.

TOPIC: PROGRAM ON SELF AWARENESS

SPEAKER : Ms. Ankita kapur

DATE: 23/06/2023

TIME: 10:00 am-01:00pm

VENUE : A Block Seminar hall

This program is organized by Department of Civil Engineering to help students understand and others, behave properly . Approximately 42 students have benefits by this program.

- *Self-Awareness* is simply the ability to be aware of one's inner life—one's emotions, thoughts, behaviors, values, preferences, goals, strengths, challenges, attitudes, mindsets.

Objectives:

- It provides students insight into who they are, why they react as they do, and gives them a direction for self-improvement.
- **Self-awareness helps students be much more aware of your thoughts and emotions and how these things guide your life.**

FUTURE OUTCOMES:-

- Being better able to manage and regulate your emotions. Better communication. Better decision-making skills. Improved relationships.
- People with high levels of self-awareness are more effective as leaders because they deal with people positively, and they inspire trust and credibility in their team members.

HOD Civil Engineering

(SIGNATURE)



EVENT COORDINATOR

(SIGNATURE)

Director
R.D. Engineering College
Duhai, Ghaziahad

R.D. Engineering College, Ghaziabad (231)
PROGRAM ON SELF AWARENESS
CIVIL ENGINEERING 6th SEM(2022-23)

DATE:23/06/2023

| Sno. | Roll No. | Student Name | Signature |
|------|---------------|-------------------|---------------------|
| 1 | 2002310000001 | ABHAY TYAGI | <i>Abhay tyagi</i> |
| 2 | 2002310000003 | ARPIT SHARMA | <i>Arpit</i> |
| 3 | 2002310000004 | ASHUTOSH TYAGI | <i>A Tyagi</i> |
| 4 | 2002310000005 | KULDEEP KUMAR | <i>Absent</i> |
| 5 | 2002310000006 | KUNAL | <i>Kunal</i> |
| 6 | 2002310000008 | SHUBHAM SINGH | <i>Absent</i> |
| 7 | 2002310000009 | SHUJAUD ALI | <i>S Ali</i> |
| 8 | 2102310009001 | ANIL CHAUHAN | <i>Anil Chauhan</i> |
| 9 | 2102310009002 | GAGAN DHAMA | <i>Gagan</i> |
| 10 | 2102310009003 | NALINI TYAGI | <i>Absent</i> |
| 11 | 2102310009004 | RAJAT SINGH | <i>Rajat Singh</i> |
| 12 | 2102310009006 | SAURABH PRATIHAST | <i>Sr</i> |



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

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 5th Date 23-6-23

1) Name Anil Chauhan 2) Roll No 2102310009001

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 session. | <u>5</u> 4 3 2 1 |




Director
R.D. Engineering College
Durgam Chauraha

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE

Semester 6th

Date 23-6-23

1) Name Ausmit Sharma

2) Roll No 200231000003

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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 session. | <u>5</u> 4 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 6th Date 23-6-23

1) Name Saumyabh Purohit 2) Roll No 2102310009006

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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 4 <u>3</u> 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 6th Date 23-6-23

1) Name Rajat Singh 2) Roll No 2102310009004

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 session. | 5 <u>4</u> 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 6th Date 23-6-23

1) Name Kunal

2) Roll No 20023100006

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 session. | <u>5</u> 4 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch GE Semester 6th Date 23-6-23

1) Name Ashutosh tyagi 2) Roll No 2002310000004

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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 4 <u>3</u> 2 1 |




Director
R.D. Engineering College
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Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 6th Date 23-6-23

1) Name Shusand ali

2) Roll No 2002310000009

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | <u>5</u> 4 3 2 1 |




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Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 6th Date 23-6-23

1) Name Abhay tyagi 2) Roll No 200231000001

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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
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R.D. Engineering College, Ghaziabad (231)

PROGRAM ON SELF AWARENESS

CIVIL ENGINEERING 4th SEM(2022-23)

DATE:23/06/2023

| Sno. | Roll No. | Student Name | Signature |
|------|-----------------|-------------------|-------------------|
| 1 | 2102310000001 | AAKASH KUMAR | Aakash |
| 2 | 2102310000002 | AAKASH KUMAR | Absent |
| 3 | 2102310000003 | AJEET SINGH | Ajeet Singh |
| 4 | 2102310000004 | BAIBHAV KR BHAGAT | Absent |
| 5 | 2102310000005 | HARSH SHARMA | Harsh |
| 6 | 2102310000007 | MD HOOD | Md. hood |
| 7 | 2102310000008 | MOHD ARISH | Mohd Arish |
| 8 | 2102310000010 | SUNIL CHAUHAN | Sunil |
| 9 | 2102310000011 | SURAJ KUMAR SINGH | Suraj Kumar Singh |
| 10 | 2102310000013 | VISHAL KUMAR | Vishal |
| 11 | PREERN220037787 | AASTHA KUMARI | Aastha |
| 12 | PREERN220038385 | ABDUL KADIR RAZA | Absent |
| 13 | Preern220086918 | ABHINAV TITORIA | Abhinav |
| 14 | PREERN220075014 | AMIT KUMAR | Absent |
| 15 | PREERN220050333 | DEEPAK DIXIT | Deepak |
| 16 | PREERN220037987 | DISHA MITTAL | Absent |
| 17 | PREERN220081997 | JAI DEEPANKAR | Jai Deepankar |
| 18 | PREERN220072087 | NITIN KUMAR | Absent |
| 19 | PREERN220076010 | PRIYANSHU DESAI | Priyanshu |
| 20 | PREERN220080906 | SAGAR | Sagar |
| 21 | PREERN220076323 | SHIV KUMAR | Shiv |
| 22 | Preern220074836 | VIKAS KUMAR | Vikas Kumar |



Director
R.D. Engineering College
Duhai, Ghaziabad

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PROGRAM ON SELF AWARENESS

Branch CE Semester VIth Date 23-6-23

1) Name Sagar

2) Roll No PCHUN220080906

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

PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Vishal Kumar

2) Roll No 210231000013

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name MD Hood 2) Roll No 210231000007

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | <u>5</u> 4 3 2 1 |




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PROGRAM ON SELF AWARENESS

Branch CE Semester Vth Date 23-6-23

1) Name Sunil Chauhan

2) Roll No 20231000010

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | 5 4 <u>3</u> 2 1 |




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PROGRAM ON SELF AWARENESS

Branch CE Semester Vth Date 23-6-23

1) Name Vikas Kumar

2) Roll No P01427N 220074838

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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 4 <u>3</u> 2 1 |



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PROGRAM ON SELF AWARENESS

Branch CE Semester Vth Date 23-6-23

1) Name Shiv kumar

2) Roll No P00000220076323

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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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PROGRAM ON SELF AWARENESS

Branch CE Semester VTH Date 23-6-23

1) Name Aakash Kumar

2) Roll No 210231000001

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Ajrat Singh

2) Roll No 2102310000004

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 4 <u>3</u> 2 1 |
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| 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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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Harish Sharma 2) Roll No 210231000005

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | 5 4 <u>3</u> 2 1 |




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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Mohd Aamish 2) Roll No 2102310000008

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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>3</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>3</u> |
| 6. Overall, I am satisfied with this session. | 5 4 3 2 1 <u>4</u> |




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PROGRAM ON SELF AWARENESS

Branch CE Semester Vth Date 23-6-23

1) Name Sumayy Kumar Singh 2) Roll No 2102310000011

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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. | (3) 4 3 2 1 |




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Duhai, Ghaziabad

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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Puriganthu Desai

2) Roll No Purusan 22007610

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

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| Questions | Answer's |
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Director
R.D. Engineering College
Duhai, Ghaziabad

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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Aastha Kumari 2) Roll No PUNAM220037787

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

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

| Questions | Answer's |
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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Abhinav Hiteer 2) Roll No Purva 220086918

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

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

| Questions | Answer's |
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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Jai dupankar 2) Roll No PUNEN20081997

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

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

| Questions | Answer's |
|---|------------------|
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R.D. Engineering College
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PROGRAM ON SELF AWARENESS

Branch CE Semester 4th Date 23-6-23

1) Name Deepak Dixit 2) Roll No Pgwrtn 220050333

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

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

| Questions | Answer's |
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Director
R.D. Engineering College
Duhai, Ghazipur

R.D. Engineering College, Ghaziabad (231)
PROGRAM ON SELF AWARENESS
CIVIL ENGINEERING 8th SEM(2022-23)

DATE:23/06/2023

| Sno. | Roll No. | Student Name | Signature |
|------|---------------|------------------------|---------------------|
| 1 | 1902310000001 | AHMAD HUSSAIN | <i>Ahmed.</i> |
| 2 | 1902310000002 | AMANULLAH AHMED | <i>Absent</i> |
| 3 | 1902310000003 | ANCHAL | <i>Anchal.</i> |
| 4 | 1902310000004 | ANKIT | <i>Ankit</i> |
| 5 | 1902310000005 | ARYAN TYAGI | <i>Aryan tyagi.</i> |
| 6 | 1902310000006 | BOBY | <i>Bobey.</i> |
| 7 | 1902310000007 | DEEPANSHU VERMA | <i>Absent</i> |
| 8 | 1902310000008 | HIMANSHU | <i>Himanshu</i> |
| 9 | 1902310000009 | IMRAN AHMAD SHEERGOJRI | <i>Absent</i> |
| 10 | 1902310000010 | KM VANDANA | <i>Km Vandana</i> |
| 11 | 1902310000012 | MOHAMMAD SHAHRYAB | <i>Absent</i> |
| 12 | 1902310000013 | MUKESH KUMAR | <i>Mukesh</i> |
| 13 | 1902310000014 | MUZAFFAR ALI | <i>Muzaffar</i> |
| 14 | 1902310000016 | SACHIN KUMAR PUNDIR | <i>Absent</i> |
| 15 | 1902310000017 | SANGRAM SINGH | <i>Sangram</i> |
| 16 | 1902310000018 | SHIVAM CHAUDHARY | <i>Shivam</i> |
| 17 | 1902310000019 | SHUBHAM TYAGI | <i>Shubham</i> |
| 18 | 2002310009001 | AJAY YADAV | <i>Ajay</i> |
| 19 | 2002310009002 | AMISHA GUPTA | <i>Absent</i> |
| 20 | 2002310009003 | ANANT SHARMA | <i>Anant</i> |
| 21 | 2002310009004 | ANCHALTIWARI | <i>Anchal</i> |
| 22 | 2002310009005 | NITISH BHARDWAJ | <i>Nitish</i> |
| 23 | 2002310009006 | UTKARSH PRAKASH | <i>Utkarsh</i> |



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PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Anchal

2) Roll No 190231000003

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Asiyam Tyagi

2) Roll No 19a23/000005

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

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

| Questions | Answer's |
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PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/2023

1) Name Utkarsh Parashar

2) Roll No 2002310009006

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

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

| Questions | Answer's |
|---|---------------------------|
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PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Anchal Tiwari

2) Roll No 2002310009004

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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. | <u>5</u> | 4 | 3 | 2 | 1 |
| 5. The presenter(s) provided adequate time for question and answer them satisfactorily. | 5 | <u>4</u> | 3 | 2 | 1 |
| 6. Overall, I am satisfied with this session. | <u>5</u> | 4 | 3 | 2 | 1 |




Director
R.D. Engineering College
Luhari, Ghazipur

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 27/06/2023

1) Name Ajay Yadav

2) Roll No 2002318009001

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

PROGRAM ON SELF AWARENESS

Branch CE Semester VIII Date 23/06/23

1) Name Sangram Singh

2) Roll No 1902310000017

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

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Muzaffar Ali

2) Roll No 19023/0000014

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

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Km Vandana

2) Roll No 19023/000009

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



R.D. Engineering College
Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Mukesh Kumar

2) Roll No 1902310000013

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/2023

1) Name Himanshu

2) Roll No 1902310000008

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

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| Questions | Answer's |
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| 3. The information and/or skill presented were relevant and useful. | 5 4 3 2 1 |
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| 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

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/2023

1) Name Boby

2) Roll No 190231000006

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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
P.O. Engineering College
Fateh, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/23

1) Name Abmad Hussain 2) Roll No 190231000001

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

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| Questions | Answer's |
|---|-------------|
| 1. Workshop / Seminar objectives were stated clearly and meet. | (5) 4 3 2 1 |
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| 5. The presenter(s) provided adequate time for question and answer them satisfactorily. | 5 (4) 3 2 1 |
| 6. Overall, I am satisfied with this session. | (5) 4 3 2 1 |



R.D. Engineering College
Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/6/23

1) Name Ankit

2) Roll No 19c231000004

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

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| Questions | Answer's |
|---|---------------------------|
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| 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 session. | 5 <u>4</u> 3 2 1 |



Director
R.D. Engineering College
Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester VIII Date 23/06/2023

1) Name Shivam Chaudhary 2) Roll No 1902310000018

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | 5 4 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester 8th Date 23/06/2023

1) Name Anant Sharma

2) Roll No 2002310009003

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | 5 <u>4</u> 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

PROGRAM ON SELF AWARENESS

Branch CE Semester VIII Date 23/06/23

1) Name Nitish Bhandwaj

2) Roll No 2002310009005

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

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

| Questions | Answer's |
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| 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
College
Dahanu, Gujarat

RD ENGINEERING COLLEGE

Session- 2022-2023

Program

LIFE SKILL

Topics

YOGA SESSION

Date

21/06/2023


Director
R.D. Engineering College
Duhai, Ghaziabad





Gmail Search in mail



Invitation on Yoga Session External Inbox X

Dr. Gaurav Bansal dhodmbsa@reddec.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 21-06-2023 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

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

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

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 about the 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
Duha, Ghaziabad

Activate Windows
Go to Settings to activate Windows



R.D. ENGINEERING COLLEGE

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

Under the aegis of IQAC

Ref.....

Date-19/06/2023

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 **21/06/2023** at **10:00 am** in **A block seminar hall**.

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

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



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

VIVEK BHARDWAJ

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

OBJECTIVES

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

ACADEMICS

B.Sc. (Zoology Hones)

PROFESSIONAL QUALIFICATIONS

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

PROFESSIONAL EXPERIENCE

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

PERSONAL DETAILS

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


Director
R.D. Engineering College
Duhai, Ghaziabad

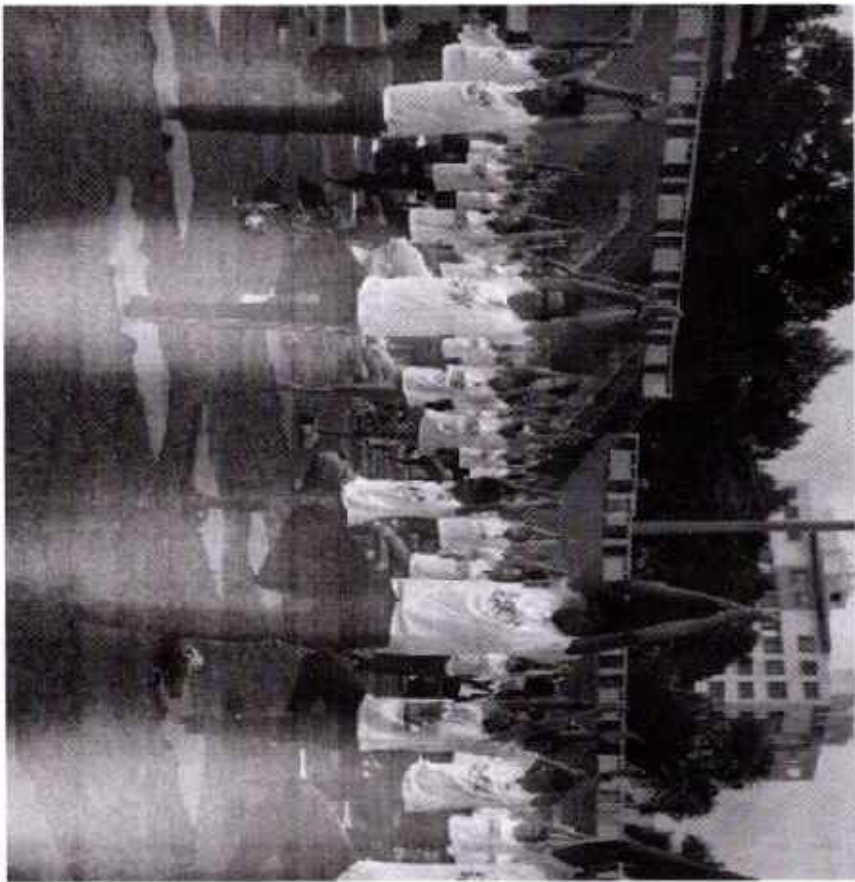




DELHI/NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

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



**SESSION
ON
YOGA**



Mr. VIVEK BHARDWAJ

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

TIME: 10:00am

DATE: 21/06/2023




Director
R.D. Engineering College
Duhai, Ghaziabad

| RD ENGINEERING COLLEGE | | | |
|--------------------------------|---------------|----------------------|-----------------|
| YOGA SESSION | | | |
| MECHANICAL II YEAR (2022-2023) | | | |
| DATE :21/06/2023 | | | |
| S NO. | ROLL NO. | STUDENT'S NAME | SIGNATURE |
| 1 | 2102310400001 | AARIN | Aarin |
| 2 | 2102310400002 | ANANT TYAGI | Anant Tyagi |
| 3 | 2102310400004 | DILIP AHIRWAR | Dilip |
| 4 | 2102310400005 | DISHA SINGH | Disha |
| 5 | 2102310400006 | MANIKA TYAGI | Manika |
| 6 | 2102310400007 | MOHD ARSHAD | mon |
| 7 | 2102310400008 | MOHD SAHIL CHOUDHARY | AB |
| 8 | 2102310400009 | NAVEEN KUMAR | Naveen |
| 9 | 2102310400010 | NISAR | Nisar |
| 10 | 2102310400012 | RISHAB SHARMA | Rishabh |
| 11 | 2102310400013 | SAURAV CHANDELA | Saurav Chandela |
| 12 | 2102310400014 | SHEKHAR SAGAR | AB |
| 13 | 2102310400015 | SHIV KUMAR | Shiv Kumar |
| 14 | 2102310400016 | YUVANK TYAGI | AB |
| 15 | 2202310409004 | Aman Kumar kotary | Aman |
| 16 | 2202310409008 | HRITHIK TYAGI | Hrithik |
| 17 | 2202310409009 | JAYANT RAJ | Jayant |
| 18 | 2202310409011 | MITHILESH KUMAR | AB |
| 19 | 2202310409012 | MR. ABHISHEK KUMAR | Mr. Abhishek |
| 20 | 2202310409014 | NIKHIL SHARMA | Nikhil |
| 21 | 2202310409015 | RAJESH YADAV | Rajesh |
| 22 | 2202310409016 | RAM KAILASH | Ram |
| 23 | 2102310400013 | SOURAV | Sourav |
| 24 | 2202310409019 | TAPAN KUMAR | AB |
| 25 | 2202310409020 | UTKARSH MISHRA | Utkarsh |
| 26 | 2202310409022 | YASH SRIVASTAVA | Yash |



Director
R.D. Engineering College
Duhai, Ghaziabad



DEPARTMENT OF ME

Session 2022-23

Report on LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

SPEAKER: Mr. Vivek Bhardwaj

DATE: 21/06/2023

TIME: 10:00 am-01:00pm

VENUE: A Block

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

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

OBJECTIVES:-

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

FUTURE OUTCCOMES:-

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

HOD ME
(SIGNATURE)



EVENT COORDINATOR

(SIGNATURE)

Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester IIIrd

Date 21/04/23

1) Name Aarun

2) Roll No 2102310400001

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

Feedback Form

YOGA SESSION

Branch ME

Semester 3rd

Date 21/06/23

1) Name Dilip

2) Roll No 2002310400004

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

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

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| 6. Overall, I am satisfied with this session. | 5 4 <u>3</u> 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Manika Tyagi 2) Roll No 2102310400006

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

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

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Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Mohd Sahil 2) Roll No 2102310400008

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

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Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Nisan 2) Roll No 21023/0400010

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

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Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/06/23
1) Name Saurav chauran 2) Roll No 2102310400013

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

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

| Questions | Answer's |
|---|-----------|
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Director
R.D. Engineering College
Ghosia, Ghosia

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Shiv Kumar 2) Roll No 21023104000 15

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

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| Questions | Answer's |
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| 4. The session increased my knowledge and skills. | 5 4 3 2 1 |
| 5. The presenter(s) provided adequate time for question and answer them satisfactorily. | 5 4 3 2 1 |
| 6. Overall, I am satisfied with this session. | 5 4 3 2 1 |




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Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/06/23
1) Name Aman Kumar 2) Roll No 2202310409004

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 _____ Semester 3rd Date 21/06/23

1) Name Jayant Raj 2) Roll No 2202310409009

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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. | 5 4 <u>3</u> 2 1 |




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Abhishek Kumar 2) Roll No 2202310409012

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

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

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




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Rajeev Yadav 2) Roll No 9202310487015

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

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

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




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Souvan 2) Roll No 9102310400013

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

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

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




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Utkarsh 2) Roll No 220231049020

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

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

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




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Yash Shrivastava 2) Roll No 2202210409022

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> |
| 2. The workshop / Session was well organised. | 5 <input type="radio"/> 4 <input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> |
| 3. The information and/or skill presented were relevant and useful. | 5 <input type="radio"/> 4 <input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> |
| 4. The session increased my knowledge and skills. | 5 <input checked="" type="radio"/> 4 <input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> |
| 5. The presenter(s) provided adequate time for question and answer them satisfactorily. | 5 <input type="radio"/> 4 <input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> |
| 6. Overall, I am satisfied with this session. | 5 <input type="radio"/> 4 <input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> |




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Anant Tyagi 2) Roll No 210221059/00002

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

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

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




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Rishabh Sharma 2) Roll No 12

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 <u>5</u> |
| 2. The workshop / Session was well organised. | 5 4 3 2 1 <u>4</u> |
| 3. The information and/or skill presented were relevant and useful. | 5 4 3 2 1 <u>3</u> |
| 4. The session increased my knowledge and skills. | 5 4 3 2 1 <u>5</u> |
| 5. The presenter(s) provided adequate time for question and answer them satisfactorily. | 5 4 3 2 1 <u>3</u> |
| 6. Overall, I am satisfied with this session. | 5 4 3 2 1 <u>5</u> |




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23

1) Name Hrutik Tyagi 2) Roll No 920231049008

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

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

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




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YOGA SESSION

Branch ME Semester 3rd Date 21/06/23
1) Name Pran Kumar 2) Roll No 2202310409019

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

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

| Questions | Answer's |
|---|------------------|
| 1. Workshop / Session objectives were stated clearly and meet. | 5 4 <u>3</u> 2 1 |
| 2. The workshop / Session was well organised. | 5 4 <u>3</u> 2 1 |
| 3. The information and/or skill presented were relevant and useful. | 5 <u>4</u> 3 2 1 |
| 4. The session increased my knowledge and skills. | 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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RD ENGINEERING COLLEGE

YOGA SESSION

MECHANICAL III YEAR (2022-2023)

DATE :21/06/2023

| S NO | ROLL NO. | STUDENT'S NAME | SIGNATURE |
|------|---------------|----------------|-----------------|
| 1 | 2002310400001 | AASHISH | <i>Aashish</i> |
| 2 | 2002310400002 | ANKUR KUMAR | <i>Ankur</i> |
| 3 | 2002310400003 | ARPAN TYAGI | <i>Arpan</i> |
| 4 | 2002310400005 | DEVENDER | <i>Devender</i> |



[Signature]
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YOGA SESSION

Branch ME Semester 5 Date 21/6/23

1) Name Devender 2) Roll No 2062310400005

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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. | <u>5</u> 4 3 2 1 |
| 6. Overall, I am satisfied with this session. | 5 <u>4</u> 3 2 1 |




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YOGA SESSION

Branch ME Semester 5 Date 21/6/23

1) Name Aarpan Tyagi 2) Roll No 2002310400003

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

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

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




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YOGA SESSION

Branch ME Semester IVth Date 21/6/23
1) Name Aashish 2) Roll No 2002310400001

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

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

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




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| RD ENGINEERING COLLEGE | | | |
|--------------------------------|---------------|--------------------|---------------------|
| YOGA SESSION | | | |
| MECHANICAL IV YEAR (2022-2023) | | | |
| DATE :21/06/2023 | | | |
| S NO. | ROLL NO. | STUDENT'S NAME | SIGNATURE |
| 1 | 1902310400001 | AAQUIB JAVED | <i>AAQ</i> |
| 2 | 1902310400002 | AFTAB ANSARI | <i>Aftab</i> |
| 3 | 1902310400004 | BHUPENDER KUMAR | <i>AB</i> |
| 4 | 1902310400005 | DEEPAK KUMAR | <i>Deepak</i> |
| 5 | 1902310400006 | DEEPAK KUMAR | <i>Deepak Kumar</i> |
| 6 | 1902310400007 | DEEPAK KUMAR | <i>Deepak</i> |
| 7 | 1902310400008 | DEEPAK KUMAR | <i>Deepak</i> |
| 8 | 1902310400009 | GAJENDRA KUMAR | <i>AB</i> |
| 9 | 1902310400010 | GAURAV KUMAR | <i>Gaurav</i> |
| 10 | 1902310400011 | GAURAV BISHT | <i>Gaurav</i> |
| 11 | 1902310400013 | HEMANT KUMAR | <i>AB</i> |
| 12 | 1902310400014 | KAPIL KUMAR | <i>Kapil</i> |
| 13 | 1902310400015 | KM POOJA YADAV | <i>AB</i> |
| 14 | 1902310400016 | MANISH SINGH | <i>Manish</i> |
| 15 | 1902310400018 | PRATHAM | <i>Pratham</i> |
| 16 | 1902310400020 | RAHUL | <i>Rahul</i> |
| 17 | 1902310400021 | RAHUL KUMAR SHARMA | <i>Rahul</i> |
| 18 | 1902310400023 | ROHIT KUMAR | <i>Rohit</i> |
| 19 | 1902310400024 | SHIVAM | <i>Shivam</i> |
| 20 | 1902310400025 | SHIVAM RATHAUR | <i>Shivam</i> |
| 21 | 1902310400026 | SHIVAM SHARMA | <i>Shivam</i> |
| 22 | 1902310400027 | SONU KUMAR | <i>Sonu</i> |
| 23 | 1902310400029 | SUNIL KUMAR | <i>Sunil</i> |
| 24 | 1902310400030 | VINEET KUMAR | <i>Vineet</i> |
| 25 | 1902310400031 | VISHAL KUMAR | <i>Vishal</i> |
| 26 | 1902310400032 | VISHAL SHARMA | <i>Vishal</i> |
| 27 | 1902310400033 | VIVEKSHEEL | <i>Vivek</i> |
| 28 | 1902310400034 | YASH BHARDWAJ | <i>AB</i> |
| 29 | 2002310409001 | AASHISH | <i>Aashish</i> |
| 30 | 2002310409003 | MD CHAND ALAM | <i>AB</i> |
| 31 | 2002310409005 | RAHUL | <i>Rahul</i> |
| 32 | 2002310409006 | SHIVAM TYAGI | <i>Shivam</i> |
| 33 | 2002310409007 | TUSHAR SINGH | <i>Tushar</i> |
| 34 | 2002310409008 | UJJWAL GUPTA | <i>Ujjwal</i> |




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Aaquib ~~Amir~~ Javed 2) Roll No 1902310400001

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

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

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Aftab Ansari 2) Roll No 190231400002

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

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

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Deepak Kumar 2) Roll No 190231040005

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Deepak Kumar 2) Roll No 1902310400007

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

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

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Deepak Kumar 2) Roll No 1902310400008

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

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

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Gaurav Kumar 2) Roll No 1902310400010

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

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

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Gaurav Bisht 2) Roll No 1902310400011

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

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

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Kapil Kumar 2) Roll No 1902310400014

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




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YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Manish Singh 2) Roll No 1902310400016

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 7th Date 21/6/23

1) Name Peratham 2) Roll No 1902310400019

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 21/6/23
1) Name Rahul 2) Roll No 1902310400620

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 7th Date 21/6/23
1) Name Rohit Kumar 2) Roll No 1902310400023

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

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Shivam 2) Roll No 1902310400024

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

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

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




Director
R.D. Engineering College
Dubai, Ghazalabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Shivam Sharma 2) Roll No 1902310400026

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 21/6/23
1) Name Sonu Kumar 2) Roll No 1902310400027

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

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

| Questions | Answer's |
|---|------------------|
| 1. Workshop / Session objectives were stated clearly and meet. | 5 <u>4</u> 3 2 1 |
| 2. The workshop / Session was well organised. | <u>5</u> 4 3 2 1 |
| 3. The information and/or skill presented were relevant and useful. | <u>5</u> 4 3 2 1 |
| 4. The session increased my knowledge and skills. | 5 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 7th Date 21/6/23
1) Name Sunil Kumar 2) Roll No 1902310400029

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 4th Date 21/6/23
1) Name Vineet Kumar 2) Roll No 1902310400030

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

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Vishal Kumar 2) Roll No 1902310400031

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

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

| Questions | Answer's |
|---|------------------------|
| 1. Workshop / Session objectives were stated clearly and meet. | 5 <u>4</u> 3 2 1 |
| 2. The workshop / Session was well organised. | 5 4 <u>3</u> 2 1 |
| 3. The information and/or skill presented were relevant and useful. | <u>5</u> 4 3 2 1 |
| 4. The session increased my knowledge and skills. | <u>5</u> 4 3 2 1 |
| 5. The presenter(s) provided adequate time for question and answer them satisfactorily. | <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 21/6/23

1) Name Vishal Sharma 2) Roll No 1902310400032

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 21/6/23
1) Name Aashish 2) Roll No 2002310409001

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

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Rahul 2) Roll No 2002310409005

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 <u>4</u> 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Shivam Tyagi 2) Roll No 2002310409006

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23

1) Name Tushar Singh 2) Roll No 2002310409007

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 <u>4</u> 3 2 1 |




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/23
1) Name Ujjwal Gupta 2) Roll No 20023/0409008

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

RD ENGINEERING COLLEGE

NAAC CRITERIA - 5.1.2

(Capacity building and skills Initiatives)

Session-2022-23.....

Program

1.~~IT~~ LIFE SKILLS.....

Topics

2.Yoga.....

Date

.....21/06/2023.....



hod_mca <hod_mca@rdec.in>

Invitation for Seminar

3 messages

hod_mca <hod_mca@rdec.in>

Mon, June 12, 2023 at 10:15 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 >

Tue, June 13, 2023 at 3:56 PM

To: hod_mca <hod_mca@rdec.in>

Dear Sir,

Thanks for your invitation.

I will be available for the seminar on June 21, 2023. 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 Dharendra Bhramachandra**.

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

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



[Signature]
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 21st June 2023 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Miss. Anjali Sharma. Contact him for any further queries or difficulties.

Prof. Hemant Bhardwaj

(Head, B.Tech IT)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad



YOGA

With: VIVEK BHARDWAJ

21/06/2023

07:00AM

R.D. ENGINEERING
COLLEGE, GHAZIABAD



R.D. Engineering College
Ghaziabad
Director



Department Of IT

Session 2022-23

Report of Yoga Conducted For B.Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwaj

Date: - 21/06/2023

Time: - 07:00 AM

This program is organized by Department of IT to benefit and enhance the yoga of B.Tech 2nd Year and 3rd Year students. Approximately 43 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)




Director
R.D. Engineering College
Duhai, Ghaziabad


EVENT COORDINATOR
(SIGNATURE)

**ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA
ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF
IQAC DATED 24/06/2021**

| SNo | ROLL NO. | NAME | YEAR | BRANCH | SIGNATURE |
|-----|---------------|----------------------|----------|--------|-----------|
| 1 | 2002310130001 | ABHISHEK SRIVASTAVA | 2ND Year | IT | Abhishek |
| 2 | 2002310130002 | AKSHIT | 2ND Year | IT | Akshat |
| 3 | 2002310130003 | ANKIT KUMAR MISHRA | 2ND Year | IT | Ankit |
| 4 | 2002310130004 | ASHISH KUMAR | 2ND Year | IT | Ashish |
| 5 | 2002310130005 | AVISH TYAGI | 2ND Year | IT | Avish |
| 6 | 2002310130006 | KAPIL KUMAR | 2ND Year | IT | Kapil |
| 7 | 2002310130007 | NITIN KUMAR | 2ND Year | IT | Nitin |
| 8 | 2002310130008 | RABBE AALAM | 2ND Year | IT | Rabbe |
| 9 | 2002310130009 | SAMBHAWI RAJ NANDINI | 2ND Year | IT | Sambhawi |
| 10 | 2002310130010 | SAURAV KUMAR | 2ND Year | IT | Saurav |
| 11 | 2102310139002 | KRISHAN | 2ND Year | IT | Krishan |
| 12 | 2102310139003 | SACHIN SINGH | 2ND Year | IT | Sachin |
| 13 | 2102310139004 | UTKARSH SINGH | 2ND Year | IT | Utkarsh |
| 14 | 1902310130001 | AASHISH KARDAM | 3RD Year | IT | Aashish |
| 15 | 1902310130002 | ABHISHEK | 3RD Year | IT | Abhishek |
| 16 | 1902310130003 | ABHISHEK | 3RD Year | IT | Abhishek |
| 17 | 1902310130005 | ADITYA | 3RD Year | IT | Aditya |
| 18 | 1902310130007 | ANANYA | 3RD Year | IT | Ananya |
| 19 | 1902310130008 | ANMOL SHARMA | 3RD Year | IT | Anmol |
| 20 | 1902310130009 | ANUBHAV VERMA | 3RD Year | IT | Anubhav |
| 21 | 1902310130010 | AYUSH TYAGI | 3RD Year | IT | Ayush |
| 22 | 1902310130011 | CHANDAN YADAV | 3RD Year | IT | Chandan |
| 23 | 1902310130012 | KM DISHA | 3RD Year | IT | Kundisha |
| 24 | 1902310130013 | KM KARUNA | 3RD Year | IT | Karuna |
| 25 | 1902310130014 | KM POOJA | 3RD Year | IT | Kim Pooja |
| 26 | 1902310130015 | KM RIYA | 3RD Year | IT | Kim Riya |
| 27 | 1902310130016 | LOVE KUSH SHARMA | 3RD Year | IT | Love Kush |
| 28 | 1902310130017 | MAYANK KARDAM | 3RD Year | IT | Mayank |
| 29 | 1902310130018 | PINKU KUMAR | 3RD Year | IT | Pinku |
| 30 | 1902310130019 | PINTU KUMAR | 3RD Year | IT | Pintu |
| 31 | 1902310130020 | PRIYANKA YADAV | 3RD Year | IT | Priyanka |
| 32 | 1902310130021 | PRIYANSHU KUMAR | 3RD Year | IT | Priyanshu |
| 33 | 1902310130022 | RAHUL MAHESHWARI | 3RD Year | IT | Rahul |
| 34 | 1902310130023 | RITURAJ JHA | 3RD Year | IT | Rituraj |
| 35 | 1902310130024 | RIYA SONI | 3RD Year | IT | Riya |
| 36 | 1902310130025 | SANCHIT SRIVASTAVA | 3RD Year | IT | Sanchit |
| 37 | 1902310130026 | SANDEEP YADAV | 3RD Year | IT | Sandeep |
| 38 | 1902310130027 | SARAD | 3RD Year | IT | Sarad |


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 R.D. Engineering College
 Duhai, Ghazipur



| | | | | | |
|----|---------------|------------------|----------|----|---------|
| 39 | 1902310130029 | SHIVAM KUMAR | 3RD Year | IT | (AB) |
| 40 | 1902310130030 | SONU SINGH | 3RD Year | IT | Sonu |
| 41 | 1902310130031 | VAIBHAV TYAGI | 3RD Year | IT | Vaibhav |
| 42 | 1902310130032 | VANDANA MANDAL | 3RD Year | IT | (AB) |
| 43 | 1902310130035 | VISHANT KUMAR | 3RD Year | IT | Vishant |
| 44 | 1902310130036 | VISHESH SINGHAL | 3RD Year | IT | (AB) |
| 45 | 1902310130037 | YASH VERMA | 3RD Year | IT | Yash |
| 46 | 1902310130038 | YASHIKA SHARMA | 3RD Year | IT | (AB) |
| 47 | 2002310139002 | SOURABH VERMA | 3RD Year | IT | Sourabh |
| 48 | 2002310139003 | SUMAILA TABASSUM | 3RD Year | IT | (AB) |


 Director
 R.D. Engineering College
 Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 21/06/23

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/6/23

Please respond 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 21/06/2023

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

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


R.D. Engineering
Duhai



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 21/6/23

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/06/2023

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

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 21/6/23

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Director
R.D. Engineering College
Duhai, Ghazibad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 21/6/23

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 21/6/23

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/6/23

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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: | <u>YES</u> | | | NO |


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 21/6/23

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

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/6/23

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/6/23

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Director
R.D. Engineering College
Duhai, Qatar



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/6/23

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester VI Date 21/6/23

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Director
R.D. Engineering College
Duhai, Ghaziabad


Engineering College
Head
IT

Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 21/06/2023

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

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Director
R.D. Engineering College
Duhai, Ghaziabad


Head
IT

Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 21/06/2023

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| 6 | I will use these yoga postures and stretching exercises in my daily life. | — | | | |
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| 8 | I would recommend this yoga class to other. make circle one: | YES | | | NO |


Director
R.D. Engineering College
Duhai, Guwahati


R.D. Engineering College
Head
IT

Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 21/06/2023

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Director
R.D. Engineering College
Duhai, Ghazniabad


R.D. Engineering College
Head
IT

Feedback form

Yoga Exercise

Branch

IT

Semester

IV

Date

21/06/23

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

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT Semester IV Date 21/06/2023

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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
D. J. Somaiya Institute of Engineering & Technology


Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 21/06/2023

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Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 9/06/2023

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester VI

Date 21/06/2023

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 21/06/2023

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Director
R.D. Engineering College
Duhai, Ghazalabad


Engineering College
Head
IT
*

Feedback form

Yoga Exercise

Branch IT

Semester IV

Date 21/06/2023

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| 6 | I will use these yoga postures and stretching exercises in my daily life. | — | | | |
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| 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 2/06/23

Please respond 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 | | <input type="checkbox"/> NO | |


Director
R.D. Engineering College
Duhai, Ghazal
Head
IT
R.D. Engineering College
Duhai, Ghazal

RD ENGINEERING COLLEGE

NAAC CRITERIA - 5.1.2

(Capacity building and skills Initiatives)

Session-2022-23.....

Program

1.IYA LIFE SKILLS.....

Topics

2.Yoga.....

Date

.....21/06/2023.....

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



InvitationforSeminar

3messages

hodmca<hod_mca@rdec.in>

Mon, June 12, 2023 at 10:15 AM

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

Hello sir

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

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

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

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

Vivek Bhardwaj<vivekbhardwajyogsaadhak@gmail.com>
3:56 PM To: hod mca<hod_mca@rdec.in>

Tue, June 13, 2023 at

Dear Sir,
Thanks for your invitation.
I will be available for the seminar on June 21, 2023. Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj
[Quoted text hidden]


Director
R.D. Engineering College
Duhai, Ghaziabad





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

Notice

This is hereby informed to all the students of CSE that R.D Engineering College is celebrating a **International Yoga Day** on 21st June 2023 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Miss. Anjali Sharma. Contact him for any further queries or difficulties.

Prof. Luv Kumar Dixit

(Head, B.Tech CSE)

CC:

Director


Director
R.D. Engineering College
Duhai, Ghaziabad

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board





YOGA

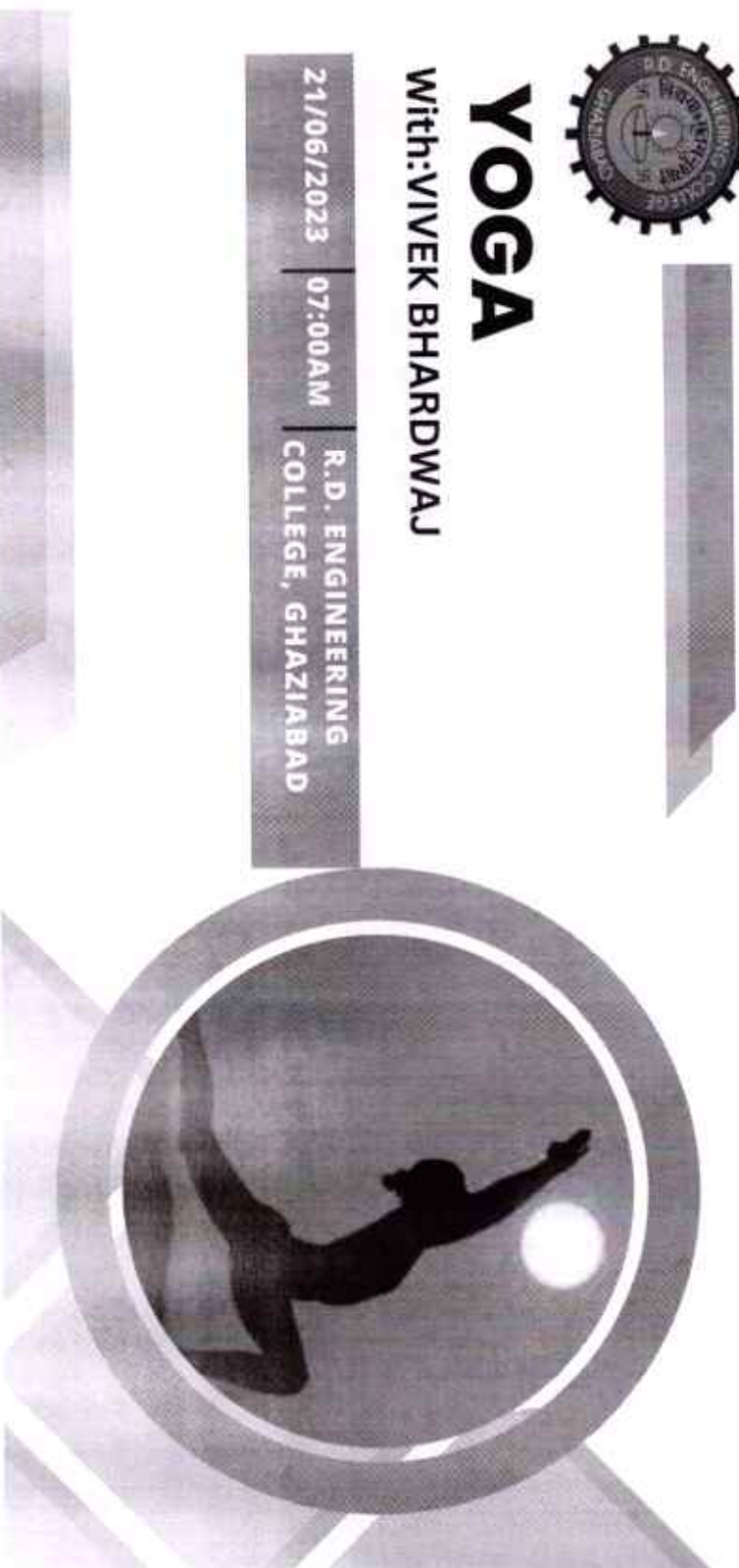
With: VIVEK BHARDWAJ

21/06/2023

07:00AM

R.D. ENGINEERING
COLLEGE, GHAZIABAD

Director
R.D. Engineering College
Duhai, Ghaziabad



Department Of CSE

Session 2022-23

Report of Yoga Conducted For B.Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwaj

Date: - 21/06/2023

Time: - 07:00 AM

This program is organized by Department of CSE to benefit and enhance the yoga of B.Tech 2nd Year and 3rd Year students. Approximately 157 students have benifites by this program.

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

OBJECTIVES:-

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

FUTURE OUTCOMES:-

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


Head
HOD B.Tech (CSE)
(SIGNATURE)


Director
R.D. Engineering College
Duhai, Ghaziabad


EVENT COORDINATOR
(SIGNATURE)

**ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED
BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC**

DATED: 24/7/2020

| SNo | ROLL NO. | NAME | YEAR | BRANCH | SIGNATURE |
|-----|---------------|------------------------------|----------|--------|-------------------|
| 1 | 2002310100001 | AAKASH KUSHWAHA | 2nd Year | CSE | AAKASH KUSHWAHA |
| 2 | 2002310100002 | AASHU PAL | 2nd Year | CSE | Aashu Pal |
| 3 | 2002310100003 | ABHAY | 2nd Year | CSE | Abhay |
| 4 | 2002310100004 | ABHAY CHAUDHARY | 2nd Year | CSE | Abhay |
| 5 | 2002310100005 | ABHAY GUPTA | 2nd Year | CSE | Abhay |
| 6 | 2002310100006 | ABHINAV BANSAL | 2nd Year | CSE | Abhinav |
| 7 | 2002310100007 | ABHISHEK KUMAR KASHYAP | 2nd Year | CSE | Abhishek |
| 8 | 2002310100008 | ABHISHEK RAJBHAR | 2nd Year | CSE | Abhishek |
| 9 | 2002310100009 | ABHISHEK SHARMA | 2nd Year | CSE | Abhishek |
| 10 | 2002310100010 | ADITYA KUMAR | 2nd Year | CSE | Aditya |
| 11 | 2002310100011 | AJAY BHARTIYA | 2nd Year | CSE | Ajay |
| 12 | 2002310100012 | AJAY KUMAR | 2nd Year | CSE | Ajay |
| 13 | 2002310100013 | AKASH | 2nd Year | CSE | AKASH |
| 14 | 2002310100014 | AKASH TYAGI | 2nd Year | CSE | Akash |
| 15 | 2002310100015 | AKSHAY SHARMA | 2nd Year | CSE | AKSHAY |
| 16 | 2002310100016 | AKSHIT CHAUDHARY | 2nd Year | CSE | Akshat |
| 17 | 2002310100017 | AKSHIT TYAGI | 2nd Year | CSE | Akshat |
| 18 | 2002310100018 | ALISHA YADAV | 2nd Year | CSE | Alisha |
| 19 | 2002310100019 | AMAN GUPTA | 2nd Year | CSE | Aman |
| 20 | 2002310100020 | ANKIT | 2nd Year | CSE | ANKIT |
| 21 | 2002310100021 | ANKIT KUMAR | 2nd Year | CSE | ANKIT |
| 22 | 2002310100022 | ANKIT KUMAR GUPTA | 2nd Year | CSE | ANKIT |
| 23 | 2002310100023 | ANMOL KUMAR | 2nd Year | CSE | Anmol |
| 24 | 2002310100024 | ANSHUMAN DIWAKAR | 2nd Year | CSE | ANSHUMAN |
| 25 | 2002310100025 | ANTRIKSH KUMAR SHARMA | 2nd Year | CSE | Antriksh |
| 26 | 2002310100026 | ANUJ KUMAR YADAV | 2nd Year | CSE | Anuj |
| 27 | 2002310100027 | ANUSHKA TYAGI | 2nd Year | CSE | Anushka |
| 28 | 2002310100028 | ARJUN DAHIYA | 2nd Year | CSE | ARJUN |
| 29 | 2002310100029 | ARUN KUMAR CHAUDHARY | 2nd Year | CSE | Arun Kumar |
| 30 | 2002310100030 | ARYAN TYAGI | 2nd Year | CSE | ARYAN |
| 31 | 2002310100031 | ASHISH KUMAR | 2nd Year | CSE | Ashish |
| 32 | 2002310100032 | ASHISH KUMAR | 2nd Year | CSE | Ashish |
| 33 | 2002310100033 | ASHISH KUMAR GUPTA | 2nd Year | CSE | Ashish Kumar |
| 34 | 2002310100034 | ASHISH TYAGI | 2nd Year | CSE | Ashish |
| 35 | 2002310100035 | ASHNA SINGH | 2nd Year | CSE | ASHNA |
| 36 | 2002310100036 | AYUSH GARG | 2nd Year | CSE | AYUSH GARG |
| 37 | 2002310100037 | CHANCHAL | 2nd Year | CSE | CHANCHAL |
| 38 | 2002310100038 | CHAUDHARY KESHAV AJAYBHAI | 2nd Year | CSE | Keshav |
| 39 | 2002310100039 | DEEPAK BHARTI | 2nd Year | CSE | DEEPAK |
| 40 | 2002310100040 | DEEPAK KUMAR MISHRA | 2nd Year | CSE | DEEPAK |
| 41 | 2002310100041 | DEEPAK SINGH | 2nd Year | CSE | Deepak |
| 42 | 2002310100042 | DEEPANSHU BALIYAN | 2nd Year | CSE | Deepanshu Baliyan |
| 43 | 2002310100043 | DEEPANSHU RAJPUT | 2nd Year | CSE | Deepanshu |
| 44 | 2002310100044 | DEEPANSHU VERMA | 2nd Year | CSE | Deepanshu |
| 45 | 2002310100045 | DEV MITTAL | 2nd Year | CSE | Dev |
| 46 | 2002310100046 | DEVANSH PAL | 2nd Year | CSE | DEVANSH |
| 47 | 2002310100047 | DIWAKAR SHUKLA | 2nd Year | CSE | DIWAKAR |

| | | | | | |
|----|---------------|-------------------------|----------|-----|-----------------|
| 48 | 2002310100048 | GARVIT SHARMA | 2nd Year | CSE | Garvit |
| 49 | 2002310100049 | GOLDI GUPTA | 2nd Year | CSE | Goldi |
| 50 | 2002310100050 | GYANDEEP CHOUDHARY | 2nd Year | CSE | AB Gyandeep |
| 51 | 2002310100051 | HARIOM ARYA | 2nd Year | CSE | Hariom |
| 52 | 2002310100052 | HARSH TYAGI | 2nd Year | CSE | AB Harsh |
| 53 | 2002310100053 | HIMANSHU GAUTAM | 2nd Year | CSE | Himanshu |
| 54 | 2002310100054 | HIMANSHU VIG | 2nd Year | CSE | AB Himanshu |
| 55 | 2002310100055 | HRITIK TYAGI | 2nd Year | CSE | Hritik |
| 56 | 2002310100056 | KAJAL GOYAL | 2nd Year | CSE | Kajal |
| 57 | 2002310100057 | KAPIL DAGUR | 2nd Year | CSE | Kapil |
| 58 | 2002310100058 | KHUSHI NIMMI | 2nd Year | CSE | AB Khushi |
| 59 | 2002310100059 | KHUSHI NIRWAN | 2nd Year | CSE | Khushi |
| 60 | 2002310100060 | KULDEEP SINGH KUSHWAHA | 2nd Year | CSE | AB Kuldeep |
| 61 | 2002310100061 | KUNAL | 2nd Year | CSE | Kunal |
| 62 | 2002310100062 | KUNAL YADAV | 2nd Year | CSE | Kunal Yadav |
| 63 | 2002310100063 | LAXMI | 2nd Year | CSE | AB Laxmi |
| 64 | 2002310100064 | MAHI GUPTA | 2nd Year | CSE | Mahi Gupta |
| 65 | 2002310100065 | MANAN SHARMA | 2nd Year | CSE | MANAN |
| 66 | 2002310100066 | MANISH KUMAR | 2nd Year | CSE | AB Manish |
| 67 | 2002310100067 | MANISH YADAV | 2nd Year | CSE | Manish |
| 68 | 2002310100068 | MANU TYAGI | 2nd Year | CSE | Manu |
| 69 | 2002310100069 | MAYANK KUMAR CHATURVEDI | 2nd Year | CSE | AB Mayank |
| 70 | 2002310100070 | MOHIT KUMAR | 2nd Year | CSE | Mohit Kumar |
| 71 | 2002310100071 | MOHIT RAI | 2nd Year | CSE | AB Mohit Rai |
| 72 | 2002310100072 | MONI YADAV | 2nd Year | CSE | Moni Yadav |
| 73 | 2002310100073 | NAGESHWAR SINGH | 2nd Year | CSE | AB Nageshwar |
| 74 | 2002310100074 | NAURANGI LAL | 2nd Year | CSE | NAURANG |
| 75 | 2002310100075 | NEHA MITTAL | 2nd Year | CSE | Neha |
| 76 | 2002310100076 | NIDA SAIFI | 2nd Year | CSE | AB Nida |
| 77 | 2002310100077 | NISHANT SHARMA | 2nd Year | CSE | Nishant |
| 78 | 2002310100078 | NISHANT SHARMA | 2nd Year | CSE | Nishant Sharma |
| 79 | 2002310100080 | NITISH | 2nd Year | CSE | AB Nitish |
| 80 | 2002310100081 | PALAK MITTAL | 2nd Year | CSE | Palak Mittal |
| 81 | 2002310100082 | PARTH JOSHI | 2nd Year | CSE | Parth |
| 82 | 2002310100083 | PRAMOD YADAV | 2nd Year | CSE | Pramod Yadav |
| 83 | 2002310100085 | PRIYANSH TANWAR | 2nd Year | CSE | AB Priyansh |
| 84 | 2002310100086 | RAJAN PRASAD | 2nd Year | CSE | Rajan Prasad |
| 85 | 2002310100087 | RAKSHITA SAINI | 2nd Year | CSE | AB Rakshita |
| 86 | 2002310100089 | RITIK KUMAR | 2nd Year | CSE | Ritik Kumar |
| 87 | 2002310100090 | RITIKA TYAGI | 2nd Year | CSE | AB Ritika |
| 88 | 2002310100091 | RIYA CHOUDHARY | 2nd Year | CSE | Riya |
| 89 | 2002310100092 | ROHAN GARG | 2nd Year | CSE | Rohan |
| 90 | 2002310100093 | ROHIT KUMAR | 2nd Year | CSE | AB Rohit |
| 91 | 2002310100094 | ROHIT KUMAR | 2nd Year | CSE | Rohit Kumar |
| 92 | 2002310100095 | SAGAR VERMA | 2nd Year | CSE | Sagar |
| 93 | 2002310100097 | SANDEEP KUMAR | 2nd Year | CSE | Sandeep |
| 94 | 2002310100098 | SHAHID YASEEN MALIK | 2nd Year | CSE | YASEEN |
| 95 | 2002310100100 | SHIVANAND DUBEY | 2nd Year | CSE | AB Shivanand |
| 96 | 2002310100101 | SHRUTI CHOUDHARY | 2nd Year | CSE | Shruti |
| 97 | 2002310100102 | SHUBHAM | 2nd Year | CSE | SHUBHAM |
| 98 | 2002310100103 | SONALI SINGH BHADOURIA | 2nd Year | CSE | Sonal |
| 99 | 2002310100104 | SOURABH GAUTAM | 2nd Year | CSE | Sourabh |

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| | | | | | |
|-----|---------------|----------------------|----------|-----|----------|
| 100 | 2002310100105 | SURAJ BIST | 2nd Year | CSE | Suraj |
| 101 | 2002310100106 | TEENA THAKUR | 2nd Year | CSE | Teena |
| 102 | 2002310100107 | TEJAS CHAUBEY | 2nd Year | CSE | Tejas |
| 103 | 2002310100108 | UJJWAL SHARMA | 2nd Year | CSE | Ujjwal |
| 104 | 2002310100109 | VANSHIKA TYAGI | 2nd Year | CSE | Vanshika |
| 105 | 2002310100110 | VARUN KUMAR | 2nd Year | CSE | Varun |
| 106 | 2002310100111 | VIDHI SHARMA | 2nd Year | CSE | Vidhi |
| 107 | 2002310100112 | VIKAS GAUTAM | 2nd Year | CSE | Vikas |
| 108 | 2002310100113 | VIKAS KUMAR SINGH | 2nd Year | CSE | Vikas |
| 109 | 2002310100114 | VINAY KUMAR SHARMA | 2nd Year | CSE | Vinay |
| 110 | 2002310100115 | VINAY TYAGI | 2nd Year | CSE | Vinay |
| 111 | 2002310100116 | VISHAL | 2nd Year | CSE | Vishal |
| 112 | 2002310100118 | YASH | 2nd Year | CSE | Yash |
| 113 | 2002310100119 | YASH SHARMA | 2nd Year | CSE | Yash |
| 114 | 2002310100120 | YASH TYAGI | 2nd Year | CSE | Yash |
| 115 | 2002310100121 | YOGESH BAGHEL | 2nd Year | CSE | Yogesh |
| 116 | 2102310109001 | ABHISHEK KUMAR | 2nd Year | CSE | Abhishek |
| 117 | 2102310109002 | ADITYA | 2nd Year | CSE | Aditya |
| 118 | 2102310109003 | AMIT KUMAR | 2nd Year | CSE | Amit |
| 119 | 2102310109004 | DARSH SINGH KUSHWAHA | 2nd Year | CSE | Darsh |
| 120 | 2102310109005 | KM CHANCHAL | 2nd Year | CSE | Chanchal |
| 121 | 2102310109007 | PRIYANKA MAURYA | 2nd Year | CSE | Priyanka |
| 122 | 2102310109008 | RISHABH PAL | 2nd Year | CSE | Rishabh |
| 123 | 2102310109009 | SHIV KUMAR SINGH | 2nd Year | CSE | Shiv |
| 124 | 2102310109010 | SHIVANI KUMARI | 2nd Year | CSE | Shivani |
| 125 | 2102310109011 | SUMIT KUMAR DUTTA | 2nd Year | CSE | Sumit |
| 126 | 1902310100001 | AAKASH VERMA | 3rd Year | CSE | Aakash |
| 127 | 1902310100002 | ABHAY SONI | 3rd Year | CSE | Abhay |
| 128 | 1902310100003 | ABHISHEK SHARMA | 3rd Year | CSE | Abhishek |
| 129 | 1902310100004 | ABHISHEK GAUTAM | 3rd Year | CSE | Abhishek |
| 130 | 1902310100005 | ADITI GARG | 3rd Year | CSE | Aditi |
| 131 | 1902310100006 | ADITYA KAUSHIK | 3rd Year | CSE | Aditya |
| 132 | 1902310100007 | AJAY PAL | 3rd Year | CSE | Ajay |
| 133 | 1902310100008 | AKASH VERMA | 3rd Year | CSE | Aakash |
| 134 | 1902310100009 | AKHIL | 3rd Year | CSE | Akhil |
| 135 | 1902310100010 | ANAND GAUTAM | 3rd Year | CSE | Anand |
| 136 | 1902310100011 | ANANYA GUPTA | 3rd Year | CSE | Ananya |
| 137 | 1902310100012 | ANASH KHAN | 3rd Year | CSE | Anash |
| 138 | 1902310100013 | ANKIT | 3rd Year | CSE | Ankit |
| 139 | 1902310100014 | ANKIT SHARMA | 3rd Year | CSE | Ankit |
| 140 | 1902310100015 | ANKUR SHARMA | 3rd Year | CSE | Ankur |
| 141 | 1902310100016 | ANMOL TYAGI | 3rd Year | CSE | Anmol |
| 142 | 1902310100017 | ANSH BHARDWAJ | 3rd Year | CSE | Ansh |
| 143 | 1902310100018 | ARNAV SINGH | 3rd Year | CSE | Arnav |
| 144 | 1902310100019 | ARNAV SINGH | 3rd Year | CSE | Arnav |
| 145 | 1902310100020 | ARUN KUMAR RAM | 3rd Year | CSE | Arun |
| 146 | 1902310100021 | ARYA TYAGI | 3rd Year | CSE | Arya |
| 147 | 1902310100022 | ASHUTOSH TIWARI | 3rd Year | CSE | Ashutosh |
| 148 | 1902310100023 | AYUSH CHOUHARY | 3rd Year | CSE | Ayush |
| 149 | 1902310100024 | DAMINI | 3rd Year | CSE | Damini |
| 150 | 1902310100025 | DANISH AHMAD PARA | 3rd Year | CSE | Danish |
| 151 | 1902310100026 | DEEPAK KUMAR MISHRA | 3rd Year | CSE | Deepak |

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| | | | | | |
|-----|---------------|---------------------|----------|-----|--|
| 152 | 1902310100027 | DEEPANSHI SHARMA | 3rd Year | CSE | |
| 153 | 1902310100028 | DEEPANSHU GAUR | 3rd Year | CSE | |
| 154 | 1902310100029 | GARIMA | 3rd Year | CSE | |
| 155 | 1902310100030 | GURU CHARAN GUPTA | 3rd Year | CSE | |
| 156 | 1902310100031 | HARSH SHARMA | 3rd Year | CSE | |
| 157 | 1902310100032 | HARSHITA ROHILLA | 3rd Year | CSE | |
| 158 | 1902310100033 | HEMANT GUPTA | 3rd Year | CSE | |
| 159 | 1902310100034 | ISHIKA KANSAL | 3rd Year | CSE | |
| 160 | 1902310100035 | ISHITA SINGHAL | 3rd Year | CSE | |
| 161 | 1902310100036 | JATIN VERMA | 3rd Year | CSE | |
| 162 | 1902310100037 | JITESH KUMAR | 3rd Year | CSE | |
| 163 | 1902310100038 | JUNED KHAN | 3rd Year | CSE | |
| 164 | 1902310100039 | KANCHAN SHAHI | 3rd Year | CSE | |
| 165 | 1902310100040 | KAPIL KUMAR | 3rd Year | CSE | |
| 166 | 1902310100041 | KARTIK TYAGI | 3rd Year | CSE | |
| 167 | 1902310100042 | KETKI KAUSHIK | 3rd Year | CSE | |
| 168 | 1902310100043 | KHUSHBOO RANA | 3rd Year | CSE | |
| 169 | 1902310100044 | KM BHUMIKA | 3rd Year | CSE | |
| 170 | 1902310100046 | KM NEHA | 3rd Year | CSE | |
| 171 | 1902310100047 | KM NEHA | 3rd Year | CSE | |
| 172 | 1902310100048 | KM NEHA KUMARI | 3rd Year | CSE | |
| 173 | 1902310100049 | KRITIKA SINGH | 3rd Year | CSE | |
| 174 | 1902310100050 | KUNAL SHARMA | 3rd Year | CSE | |
| 175 | 1902310100051 | MAASOOM MALIK | 3rd Year | CSE | |
| 176 | 1902310100052 | MANISH KUMAR | 3rd Year | CSE | |
| 177 | 1902310100053 | MANSI TYAGI | 3rd Year | CSE | |
| 178 | 1902310100054 | MEGHA | 3rd Year | CSE | |
| 179 | 1902310100055 | MOHD DANISH ANEES | 3rd Year | CSE | |
| 180 | 1902310100056 | MOHIT PAL | 3rd Year | CSE | |
| 181 | 1902310100057 | MOHIT KAUSHIK | 3rd Year | CSE | |
| 182 | 1902310100058 | NEERAJ | 3rd Year | CSE | |
| 183 | 1902310100059 | NEESHU KUMAR | 3rd Year | CSE | |
| 184 | 1902310100060 | NIDHI SHARMA | 3rd Year | CSE | |
| 185 | 1902310100061 | NIPUN SAINI | 3rd Year | CSE | |
| 186 | 1902310100062 | NITIN KUMAR | 3rd Year | CSE | |
| 187 | 1902310100063 | NITIN PAL | 3rd Year | CSE | |
| 188 | 1902310100064 | NITIN SHARMA | 3rd Year | CSE | |
| 189 | 1902310100066 | PRADEEP KUMAR YADAV | 3rd Year | CSE | |
| 190 | 1902310100067 | PRANJAL CHAUBEY | 3rd Year | CSE | |
| 191 | 1902310100068 | PRASHANT CHANDNA | 3rd Year | CSE | |
| 192 | 1902310100069 | PRASHANT GAUTAM | 3rd Year | CSE | |
| 193 | 1902310100070 | PRASHANT TYAGI | 3rd Year | CSE | |
| 194 | 1902310100071 | PRERNA TYAGI | 3rd Year | CSE | |
| 195 | 1902310100072 | PRIYANSHU DWIVEDI | 3rd Year | CSE | |
| 196 | 1902310100073 | PRIYANSHU RAJA | 3rd Year | CSE | |
| 197 | 1902310100074 | PRIYANSHU SHARMA | 3rd Year | CSE | |
| 198 | 1902310100075 | RAGHAV GARG | 3rd Year | CSE | |
| 199 | 1902310100076 | RAHUL | 3rd Year | CSE | |
| 200 | 1902310100077 | RAHUL SHARMA | 3rd Year | CSE | |
| 201 | 1902310100078 | RAHUL SINGH | 3rd Year | CSE | |
| 202 | 1902310100080 | RISHABH VASHISTH | 3rd Year | CSE | |
| 203 | 1902310100081 | RITIK SINGH | 3rd Year | CSE | |

Director
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Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3th Date 24/06/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | <input checked="" type="checkbox"/> | | | |
| 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 |


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Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester Vth

Date 24/06/2021

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3th Date 24/06/21

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

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


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Feedback form

Yoga Exercise

Branch CSE

Semester VIIth

Date 24/06/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|-----------------------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | | <input checked="" type="checkbox"/> | | |
| 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 CSE Semester III Date 24/06/24

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

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


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Feedback form

Yoga Exercise

Branch CSE

Semester IIIrd

Date 24/06/21

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

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


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Feedback form

Yoga Exercise

Branch CSE Semester IIIrd Date 24/06/24

Please respond 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 | | | NO |


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Yoga Exercise

Branch CSE

Semester IIIrd

Date 24/06/21

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

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


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Feedback form

Yoga Exercise

Branch CSE Semester III Sem Date 24/06/24

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

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


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Feedback form

Yoga Exercise

Branch CSE Semester 7th Date 24/06/21

Please respond 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 | | | NO |


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Yoga Exercise

Branch CSE

Semester 7th

Date 24/06/21

Please respond 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 | | | NO |



R.D.E.
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Feedback form

Yoga Exercise

Branch CSE Semester 3rd Date 24/06/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|-----------------------------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | <input checked="" type="checkbox"/> | | | |
| 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 CSE Semester IIIrd Date 24/6/24

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

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


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Feedback form

Yoga Exercise

Branch CSE Semester 7th Date 24/06/24

Please respond 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 |


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Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 3th

Date 24/06/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|--------------|------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | ✓ | | | |
| 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 CSE Semester 3th Date 24/06/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|-----------------------------|
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| 3 | I will use these breathing exercises to help me in my daily life. | | <input checked="" type="checkbox"/> | | |
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| 6 | I will use these yoga postures and stretching exercises in my daily life. | <input checked="" type="checkbox"/> | | | |
| 7 | In general what I have learned in this class will be helpful in my everyday life. | | <input checked="" type="checkbox"/> | | |
| 8 | I would recommend this yoga class to other. make circle one: | <input checked="" type="checkbox"/> YES | | | <input type="checkbox"/> NO |


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Feedback form

Yoga Exercise

Branch CSE Semester 3rd Date 24/06/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
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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 |


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Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IIIth

Date 24/06/24

Please respond 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"/> | | <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 |


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Feedback form

Yoga Exercise

Branch CSE

Semester IIIrd

Date 24/06/24

Please respond 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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| 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 |


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Feedback form

Yoga Exercise

Branch CSE

Semester 3th

Date 24/06/24

Please respond 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 |


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Feedback form

Yoga Exercise

Branch CSE Semester 3rd Date 24/06/22

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

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



Feedback form

Yoga Exercise

Branch CSE Semester IIIth Sem Date 24/6/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | <input checked="" type="checkbox"/> | | | |
| 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 |


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Feedback form

Yoga Exercise

Branch CSE Semester 3th Sem Date 24/06/24

Please respond 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 |


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Feedback form

Yoga Exercise

Branch CSE

Semester IIIth

Date 24/06/24

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

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IIIrd

Date 24/06/21

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

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

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IIIrd Sem Date 24/6/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | <input checked="" type="checkbox"/> | | | |
| 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 |

R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3rd Sem Date 24/6/22

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

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


Head
CSE
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IIIrd Sem Date 24/6/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | | <input checked="" type="checkbox"/> | | |
| 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
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3rd Sem Date 24/6/21

Please respond 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
Durai, Guzhatkad


Feedback form

Yoga Exercise

Branch CSE Semester 3rd Date 24/6/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|--------------|------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | ✓ | | | |
| 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
Duhari, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IIIrd

Date 24/6/22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | | <input checked="" type="checkbox"/> | | |
| 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
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3rd Sem Date 24-6-22

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

| S.No | Questions | A great deal | Moderately | A little | Not at all |
|------|--|---|-------------------------------------|----------|------------|
| 1 | The activities in the yoga class left me with an overall feeling of wellness | <input checked="" type="checkbox"/> | | | |
| 2 | The breathing exercises I learned to calm me were effective. | | <input checked="" type="checkbox"/> | | |
| 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 |

R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 3rd

Date 24/6/21

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

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


R.D. Engineer
Duhai, Ghazipur



Feedback form

Yoga Exercise

Branch CSE

Semester IIIrd

Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3rd Sem Date 24/06/21

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

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


R.D. Engineer
Dullia, Ghaziabad


Feedback form

Yoga Exercise

Branch CSE

Semester IIIth

Date 24/06/24

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

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



Feedback form

Yoga Exercise

Branch CSE Semester IIIth Date 24/06/24

Please respond 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: | ✓ | | | NO |


Director
R.D. Engineering College
Duhai, Ghaziabad


Head
CSE
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester IV^H-sem Date 24/06/21

Please respond 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


Head
CSE
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE

Semester IIIth Sem

Date 24/06/24

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 3th sem Date 24/06/24

Please respond 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
Duhail, Ghazialpur
Head
CSE
R.D. Engineering College
Duhail, Ghazialpur

Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 24/06/24

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 24/6/21

Please respond 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

Head
CSE
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE

Semester 5th sem

Date 21/6/21

Please respond 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


Head
CSE
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester 2nd sem Date 24/6/21

Please respond 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
Duhai, Ghazal



Feedback form

Yoga Exercise

Branch CSE

Semester Vth

Date 24-6-21

Please respond 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, Ghazialbad


R.D. Engineering College
Ghazialbad
Head Office

Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24/6/21

Please respond 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, Ghazipur



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 24-6-21

Please respond 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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| 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"/> | | | |
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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"/> | | | <input type="checkbox"/> |


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24/6/21

Please respond 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"/> | | |
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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"/> | | | <input type="checkbox"/> |


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad


Feedback form

Yoga Exercise

Branch CSE Semester V Date 24/6/21

Please respond 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
Duhar, Ghaziabad


Head
CSE
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester Vth Date 24-6-21

Please respond 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


Head
CSE
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester IVth Date 24/6/21

Please respond 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. Eng.
Duty



Feedback form

Yoga Exercise

Branch CSE Semester Vth Date 24/6/21

Please respond 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 | | | NO |


Director
R.D. Engineering College
Duturi, A.P.



Feedback form

Yoga Exercise

Branch CSE Semester Vth Date 24/6/21

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

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

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IVth Date 24/6/21

Please respond 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 type="radio"/> | <input checked="" type="checkbox"/> YES | | | <input type="checkbox"/> NO |


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester V Date 24-6-21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 2nd sem Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester Vtusem Date 24/06/21

Please respond 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
Duhar, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

Yoga Exercise

Branch CSE Semester V Date 24/6/21

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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, Ghazipur



Feedback form

Yoga Exercise

Branch CSE Semester V Date 24/6/21

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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 | |

[Signature]
R.D. Ghazibadi
D



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 24-6-21

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



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 24/06/21

Please respond 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 College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24-6-21

Please respond 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



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24/6/21

Please respond 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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| 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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| 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


Head
CSE
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24-6-21

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



Feedback form

Yoga Exercise

Branch CSE

Semester 5th

Date 24/6/21

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

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Director
R.D. Engineering College
Dhaurahat, Ghaziabad


Head
CSE
R.D. Engineering College
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24-6-21

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

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Director
R.D. Engineering College
Duhai, Ghaziabad


R.D. Engineering College
Ghaziabad
Head
CSE

Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 24/6/21

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

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Director
R.D. Engineering College,
Duhai, Ghaziabad


R.D. Engineering College,
Ghaziabad
Heard
CSE

Feedback form

Yoga Exercise

Branch CSE

Semester 5th

Date 24-06-21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad


Head
CSE
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE

Semester 5th sem

Date 24/6/21

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

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


R.D.F. Director



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 24/6/21

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 24/6/21

Please respond 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
Rajpootan


Feedback form

Yoga Exercise

Branch CSE

Semester 5th Sem

Date 24/6/21

Please respond 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, Ghaziabad


R.D. Engineering College
Ghaziabad
Head
CSE

Feedback form

Yoga Exercise

Branch CSE

Semester 5th

Date 24/6/21

Please respond 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 | |


Principal
S.R.D. Engineering College
201510



Feedback form

Yoga Exercise

Branch CSE

Semester 5th

Date 24/06/21

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

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


Director
R.D Engineering College
Duhai, Ghaziabad


R.D Engineering College
Duhai, Ghaziabad
CSE

Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 29/6/21

Please respond 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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| 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


Head
CSE
Ghaziabad

Feedback form

Yoga Exercise

Branch CSE Semester 3rd Date 24/6/21

Please respond 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, Giza


Feedback form

Yoga Exercise

Branch CSF

Semester 5th

Date 24/06/2021

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

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Director
R.D. Engineering
Duhai, Chhatrapati
Sinh College - Pimpri
Head
CSF

R.D. ENGINEERING COLLEGE

DEPARTMENT OF MBA

(Capacity building and skills Initiatives)

Session- **2022-2023**

Program

LIFE SKILL

Topics

SESSION ON YOGA

Date

21/06/2023

R.D. Engineering College
D... ..



Gmail Search in mail



Invitation on Yoga Session External Inbox x

Dr. Gaurav Bansal chodmbsa@rdce.in to vivak.bhardwaj221@gmail.com

Dear Mr. Vivak 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 21-06-2023 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
Durai, Ghaziabad (U.P.)

R.D. Engineering College
Durai, Ghaziabad
Director





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
Duha, 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 **21/06/2023** 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 - 22nd November 1981
Father's Name - Dr. Kaushal Kumar Bhardwaj
Languages known - English and Hindi
Permanent Address - 10/155 Geeta Colony Delhi-110031
Contact Numbers - 09650933755, 01122509898

Director
R.D. Engineering College
Duhai, Ghaziabad

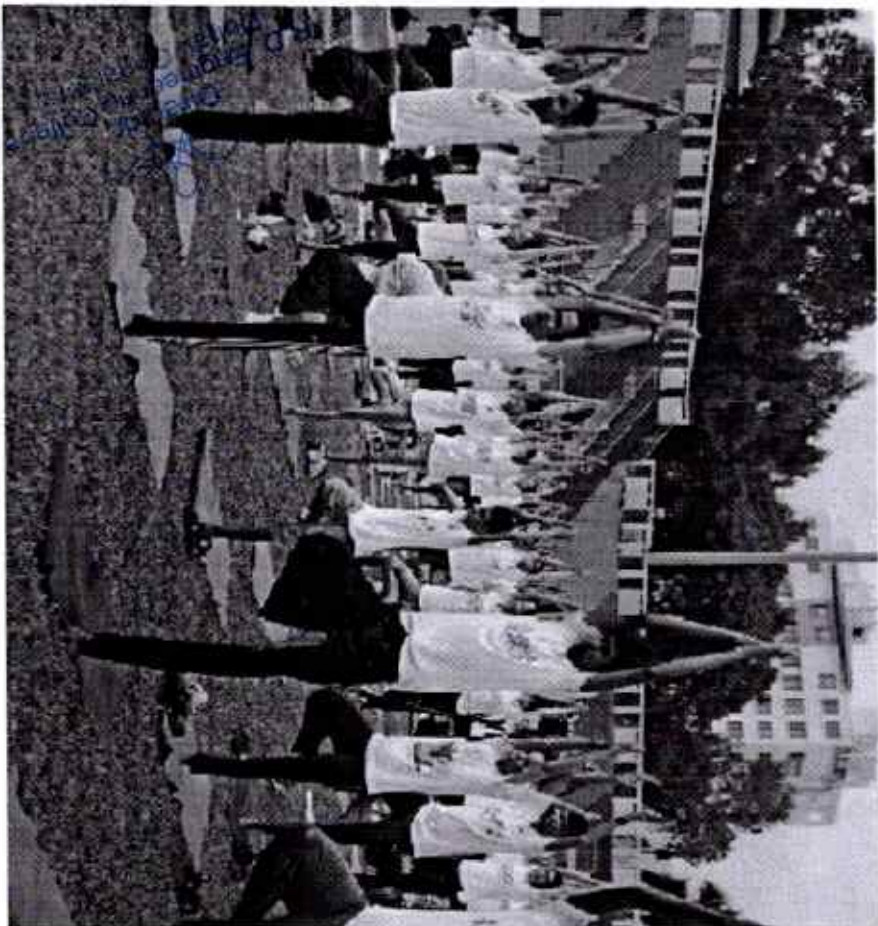




DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

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



SESSION

ON

YOGA



MR. VIVEK BHARDWAJ

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

TIME: 10:00AM

DATE: 21/06/2023


Director
R.D. Engineering College
Duhai, 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 2022-23

Report of LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

SPEAKER: Mr. Vivek Bhardwaj

DATE: 21/06/2023

TIME: 10:00 am-01:00pm

VENUE: A Block Seminar hall

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

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

OBJECTIVES:-

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

FUTURE OUTCCOMES:-

- 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

Head

(SIGNATURE)

EVENT COORDINATOR

(SIGNATURE)

Director
R.D. Engineering College
Duhai, Ghaziabad



R.D. Engineering College, Ghaziabad (231)

Yoga Session

MBA- I Year (2022-23)

| S. No. | Roll No. | Student's Name | Date-21/06/2023 Signature |
|--------|---------------|-----------------------|------------------------------|
| 1 | 2202310700001 | AAKASH | Aakash |
| 2 | 2202310700002 | AAKRITI UJJWAL | AB |
| 3 | 2202310700003 | AASIF SAIFI | Aasif |
| 4 | 2202310700004 | ABHISHEK SHARMA | Abhishek |
| 5 | 2202310700005 | ABHISHEK SHARMA | Abhishek |
| 6 | 2202310700006 | Abhishek Singh | AB |
| 7 | 2202310700007 | AJAY KUMAR | Ajay |
| 8 | 2202310700008 | AKANSHA TYAGI | Akansha |
| 9 | 2202310700009 | AKASH KUMAR KUMAR | Akash |
| 10 | 2202310700010 | AMAN | Aman |
| 11 | 2202310700011 | AMAN KUMAR | Aman |
| 12 | 2202310700012 | AMARENDRA KUMAR SINGH | AB |
| 13 | 2202310700013 | AMIT KUMAR | Amit |
| 14 | 2202310700014 | AMIT KUMAR BHATI | Amit |
| 15 | 2202310700015 | ANMOL KRISHNA | Anmol |
| 16 | 2202310700016 | ANUJ KUMAR | Anuj |
| 17 | 2202310700017 | ARATRIK SRIVASTAVA | AB |
| 18 | 2202310700018 | ARYAN GUPTA | Aryan |
| 19 | 2202310700019 | ASHISH DWIVEDI | Ashish |
| 20 | 2202310700020 | ASHISH PARIHAR | Ashish |
| 21 | 2202310700021 | ATUL SHARMA | Atul |
| 22 | 2202310700022 | BHARAT | Bharat |
| 23 | 2202310700023 | BHARAT | Bharat |
| 24 | 2202310700024 | BHARAT SHARMA | Bharat |
| 25 | 2202310700025 | BHRAT | Bhrat |
| 26 | 2202310700027 | CHIRAG SAINI | AB |
| 27 | 2202310700028 | CHIRAG TYAGI | Chirag |
| 28 | 2202310700029 | DEEPANSHU | Deepanshu |
| 29 | 2202310700030 | DIVYA SHARMA | Divya |
| 30 | 2202310700031 | GAJENDRA KUMAR | Gajendra |
| 31 | 2202310700032 | HARSH LAWANIYA | Harsh |
| 32 | 2202310700033 | HARSH SINGH | Harsh |
| 33 | 2202310700034 | ISHIKA SINGH | AB |
| 34 | 2202310700035 | JANVI PAL | Janvi |
| 35 | 2202310700036 | JUGNU SHARMA | Jugnu |
| 36 | 2202310700037 | JYOTI TOMAR | Jyoti |
| 37 | 2202310700039 | KANIKA | Kanika |
| 38 | 2202310700040 | KM VAISHNAVI GUPTA | Km |
| 39 | 2202310700041 | KM. SHIVANGI SHARMA | AB |
| 40 | 2202310700042 | KRITIKA TYAGI | Kritika |
| 41 | 2202310700043 | LALIT KUMAR BHATI | Lalit |
| 42 | 2202310700044 | LAXMI | Laxmi |
| 43 | 2202310700045 | MAHAVEER | AB |
| 44 | 2202310700046 | MAHI TYAGI | AB |
| 45 | 2202310700047 | MAHIMA PANDEY | Mahi |

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| | | | |
|----|---------------|---------------------|----------|
| 46 | 2202310700048 | MANISH SINGH | Manish |
| 47 | 2202310700049 | MANSI | Mansi |
| 48 | 2202310700050 | MANSI | Mansi |
| 49 | 2202310700051 | MATHLI SHARMA | Mathli |
| 50 | 2202310700052 | MAYANK TOMAR | Mayank |
| 51 | 2202310700053 | MUSKAN TAYAL | Muskan |
| 52 | 2202310700054 | NEHA RATHI | Neha |
| 53 | 2202310700055 | NEHA SINGH | Neha |
| 54 | 2202310700056 | NEHA SINGH | Neha |
| 55 | 2202310700057 | NEHA TYAGI | Neha |
| 56 | 2202310700058 | NIMIKSHA BHARGAVA | Nimiksha |
| 57 | 2202310700059 | NISHU | Nishu |
| 58 | 2202310700060 | PIYUSH SINGH | Piyush |
| 59 | 2202310700061 | POONAM TYAGI | Poonam |
| 60 | 2202310700062 | PRAYAG TYAGI | Prayag |
| 61 | 2202310700063 | RANVEER SINGH | Ranveer |
| 62 | 2202310700064 | RASHMI SHARMA | Rashmi |
| 63 | 2202310700066 | RISHABH TYAGI | Rishabh |
| 64 | 2202310700067 | RISHITA | Rishita |
| 65 | 2202310700068 | RITIK CHOUDHARY | Ritik |
| 66 | 2202310700069 | RITIKA KUMARI | Ritika |
| 67 | 2202310700070 | RIYA | Riya |
| 68 | 2202310700071 | RIYA CHAUDHARY | Riya |
| 69 | 2202310700072 | RIYA MAAN | Riya |
| 70 | 2202310700074 | RIYA VATS | Riya |
| 71 | 2202310700075 | ROSHNI | Roshni |
| 72 | 2202310700076 | RUPALI BINDAL | Rupali |
| 73 | 2202310700077 | SACHIN KUMAR | Sachin |
| 74 | 2202310700078 | SAGAR | Sagar |
| 75 | 2202310700079 | SAGAR SHARMA | Sagar |
| 76 | 2202310700080 | SAJAL SANGHI | Sajal |
| 77 | 2202310700081 | SAKSHI CHAUHAN | Sakshi |
| 78 | 2202310700082 | SAKSHI MALIK | Sakshi |
| 79 | 2202310700083 | SALONI RANI | Saloni |
| 80 | 2202310700085 | SARITA RAJ | Sarita |
| 81 | 2202310700086 | SEJAL ALI | Sejal |
| 82 | 2202310700087 | SHILPA SHARMA | Shilpa |
| 83 | 2202310700088 | SHIVANGINI TYAGI | Shivangi |
| 84 | 2202310700089 | SHIVANI RATHORE | Shivani |
| 85 | 2202310700090 | SHIVANT TYAGI | Shivant |
| 86 | 2202310700092 | SUGAM KUMAR KAUSHIK | Sugam |
| 87 | 2202310700093 | VARUN GUPTA | Varun |
| 88 | 2202310700094 | VIDHI SHARMA | Vidhi |
| 89 | 2202310700096 | VISHAL GOEL | Vishal |
| 90 | 2202310700097 | VISHAL GOSWAMI | Vishal |
| 91 | 2202310700098 | YASH | Yash |

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YOGA SESSION

Branch MBA Semester II Date 21/06/2023

1) Name Asif Saifi 2) Roll No 2202316700003

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 21/06/2023

1) Name Abhishek Sharma 2) Roll No. 2202310700004

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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. | 5 4 <u>3</u> 2 1 |
| 6. Overall, I am satisfied with this session. | 5 4 <u>3</u> 2 1 |


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YOGA SESSION

Branch MBA Semester II Date 21/06/2019

1) Name Ajay Kumar

2) Roll No 2202310700007

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 21/06/2023

1) Name Aman 2) Roll No 2202310700010

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Anmol Krishna

2) Roll No 2202310700015

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Ashish Paniker

2) Roll No 220231070020

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Bharet 2) Roll No 2202310700022

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Bhanet Sharma 2) Roll No 220231070024

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Deepanshu

2) Roll No 2202310700029

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Harsh Chauhan 2) Roll No 220231070032

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Tyoti Tomar 2) Roll No 2202310700037

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 session. | <u>5</u> 4 3 2 1 |


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Branch MBA Semester II Date 21/06/2022

1) Name Konika

2) Roll No 22023107 PMS 39

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Kaishika Tripathi 2) Roll No 2202310300042

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 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. | <u>5</u> 4 3 2 1 |
| 6. Overall, I am satisfied with this session. | 5 <u>4</u> 3 2 1 |


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Branch MBA Semester II Date 21/06/2023

1) Name Gaymi 2) Roll No 2202310740044

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Mahi Tyagi 2) Roll No 220231070046

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 21/06/2023

1) Name Manish Singh 2) Roll No 2202310700048

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Neha Tyagi 2) Roll No 220310710054

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Nimiksha Bhargava 2) Roll No 2202310700058

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Poonam Tyagi 2) Roll No 22023/6700061

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Ranveer Singh 2) Roll No 2202310740063

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

Semester II

Date 21/06/2023

1) Name Richita

2) Roll No 2202310700067

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/01/2023

1) Name Riya Maan 2) Roll No 2202310700272

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Riya Vats 2) Roll No 220231070074

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Sugam Kumar Kashik 2) Roll No 2202310700092

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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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Branch MBA Semester II Date 21/06/2023

1) Name Vidhi Kaushik 2) Roll No 94

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 (2022-23)

| | | | Date- 21/06/2023 |
|-------|---------------|----------------------|------------------|
| S.No. | Roll No. | Student's Name | Signature |
| 1 | 2102310700001 | ABHISHT PANDEY | |
| 2 | 2102310700003 | AJAY NEGI | |
| 3 | 2102310700004 | AMAN AGGARWAL | |
| 4 | 2102310700006 | ANSHIKA TYAGI | AB |
| 5 | 2102310700007 | ANSHU KUMAR | AB |
| 6 | 2102310700008 | ARIBA | |
| 7 | 2102310700009 | ARUNIMA SHARMA | |
| 8 | 2102310700010 | ARUSHI TYAGI | |
| 9 | 2102310700011 | ASHISH YADAV | AB |
| 10 | 2102310700012 | ASHWANI CHAUDHARY | |
| 11 | 2102310700013 | AVINASH KUMAR | |
| 12 | 2102310700014 | AYUSH VERMA | |
| 13 | 2102310700016 | AYUSHI TYAGI | |
| 14 | 2102310700017 | CHHAVI TYAGI | |
| 15 | 2102310700018 | CHIRAG JAIN | AB |
| 16 | 2102310700019 | DINESH KUMAR | |
| 17 | 2102310700020 | GURMEET | |
| 18 | 2102310700021 | HARSH AGARWAL | |
| 19 | 2102310700022 | HARSH VARDHAN | |
| 20 | 2102310700023 | JYOTI KUMARI | |
| 21 | 2102310700024 | KAJAL PAL | |
| 22 | 2102310700025 | KARISHMA | AB |
| 23 | 2102310700026 | KHUSHI | |
| 24 | 2102310700028 | KM KIRAN | |
| 25 | 2102310700029 | KOMAL TYAGI | |
| 26 | 2102310700030 | KONIKA GUPTA | |
| 27 | 2102310700031 | KRISHAN KANT KASHYAP | AB |
| 28 | 2102310700032 | LAKSHAY SHARMA | |
| 29 | 2102310700033 | LALIT CHAUDHARY | |
| 30 | 2102310700034 | MANNU SHARMA | |
| 31 | 2102310700035 | MANU GEMINI | |
| 32 | 2102310700036 | MAUSAM | |
| 33 | 2102310700037 | MEGHNA GEMINI | |
| 34 | 2102310700038 | MEHTAB ALI | AB |
| 35 | 2102310700039 | NARAYAN KUMAR JHA | |
| 36 | 2102310700040 | NEHA PANCHAL | |
| 37 | 2102310700041 | NIDHI CHAUDHARY | |
| 38 | 2102310700042 | NIKHIL DAGAR | |
| 39 | 2102310700043 | NISHA TYAGI | |
| 40 | 2102310700044 | NISHI SHARMA | |
| 41 | 2102310700045 | NITESH SHARMA | AB |
| 42 | 2102310700046 | PRAVEEN VERMA | |
| 43 | 2102310700047 | PRIYANAKA SHARMA | |
| 44 | 2102310700048 | PRIYANSHU SHARMA | |
| 45 | 2102310700049 | RASHID LATIF | AB |

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| | | | |
|----|---------------|-----------------|----------------|
| 46 | 2102310700050 | RIDHI BANSAL | <i>Ridhi</i> |
| 47 | 2102310700051 | RITIKA GOEL | AB |
| 48 | 2102310700052 | SACHIN | <i>Sachin</i> |
| 49 | 2102310700054 | SHIVAM KASHYAP | <i>Shivam</i> |
| 50 | 2102310700055 | SHIVANI TYAGI | <i>Shivani</i> |
| 51 | 2102310700056 | SHLOK KALA | <i>Shlok</i> |
| 52 | 2102310700057 | SUBHI TYAGI | <i>Subhi</i> |
| 53 | 2102310700058 | SURBHI SHARMA | <i>Surbhi</i> |
| 54 | 2102310700059 | TANISHKA VERMA | AB |
| 55 | 2102310700060 | VAIBHAV RAWAT | <i>Vaibhav</i> |
| 56 | 2102310700061 | VARSHA SINGHAL | <i>Varsha</i> |
| 57 | 2102310700062 | VARTIKA AWASTHI | <i>Vartika</i> |
| 58 | 2102310700064 | YASH SHARMA | AB |


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YOGA SESSION

Branch MBA Semester IV Date 21/06/2022

1) Name Ajay Negi 2) Roll No 210231070003

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 session. | 5 4 <u>3</u> 2 1 |


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YOGA SESSION

Branch MBA Semester 1st Date 21/06/2023

1) Name Anshu Kumar 2) Roll No 210231070007

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 <u>4</u> 3 2 1 |


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YOGA SESSION

Branch MBA Semester IV Date 21/06/2023

1) Name Aqiba 2) Roll No 210231070008

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 IV Date 21/06/2022

1) Name Ashish Yadav 2) Roll No 21023/07011

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 IV Date 21/06/2022

1) Name Ayush Verma 2) Roll No 210231070004

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


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YOGA SESSION

Branch MBA Semester IV Date 21/06/2023

1) Name Chhavi Tyagi 2) Roll No 2202310700017

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 IV Date 21/06/2023

1) Name Gurmeet 2) Roll No 210231070020

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 IV Date 21/06/2023

1) Name Jyoti Kumar 2) Roll No 210231070023

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 3V Date 21/06/2023

1) Name Kajal Pal 2) Roll No 210231070024

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 IV Date 21/06/2022

1) Name Kaushi 2) Roll No 2102310700026

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 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 session. | 5 <u>4</u> 3 2 1 |


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YOGA SESSION

Branch MBA Semester 3V Date 21/06/2023

1) Name Kamal Tyagi 2) Roll No 2102310700029

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 3V Date 21/06/2023

1) Name Lakshay Sharma 2) Roll No 2102310700032

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 6. Overall, I am satisfied with this session. | 5 <u>4</u> 3 2 1 |


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YOGA SESSION

Branch MBA Semester IV Date 21/06/2023

1) Name Mannu Sharma 2) Roll No 2102310700034

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

Date 21/06/2023

1) Name Mausam

2) Roll No 210236700036

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 3V Date 21/06/2023

1) Name Neha Panchal

2) Roll No 2102310700040

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 |
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| 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 3^V Date 21/06/2023

1) Name Nikhil Dagon 2) Roll No 210231020042

Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each 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 3V Date 21/06/2023

1) Name Praveen Verma 2) Roll No 2102310700046

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

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

| Questions | Answer's |
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| 1. Workshop / Seminar objectives were stated clearly and meet. | 5 4 3 2 1 |
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| 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 3rd Date 21/06/2023

1) Name Priyanka Sharma 2) Roll No 2102310700047

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

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

| Questions | Answer's |
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| 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 3V Date 21/06/2023

1) Name Priyanshu Sharma 2) Roll No 210231070048

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

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| Questions | Answer's |
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| 1. Workshop / Seminar objectives were stated clearly and meet. | 5 <u>4</u> 3 2 1 |
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| 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 IV Date 21/06/2023

1) Name Ridhi Bansal

2) Roll No 210231070050

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

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

| Questions | Answer's |
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| 6. Overall, I am satisfied with this session. | 5 4 3 2 1 |


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YOGA SESSION

Branch MBA Semester IV Date 21/06/2023

1) Name Sachin 2) Roll No 2102310700052

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

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

| Questions | Answer's |
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| 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 |
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| 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 3rd Date 21/06/2023

1) Name Shlok Kala

2) Roll No 2102310700056

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

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| Questions | Answer's |
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| 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 IV Date 21/06/2023

1) Name Surbhi Sharma 2) Roll No 21023/0700056

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

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|---|-------------|
| 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 |
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| 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



Feedback form

YOGA SESSION

Branch MBA Semester 3rd Date 21/06/2023

1) Name Vaibhav Rawat 2) Roll No 2102310700060

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



Feedback form

YOGA SESSION

Branch MBA Semester IV Date 21/06/2023

1) Name Verusha Singhal

2) Roll No 2102310700061

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

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

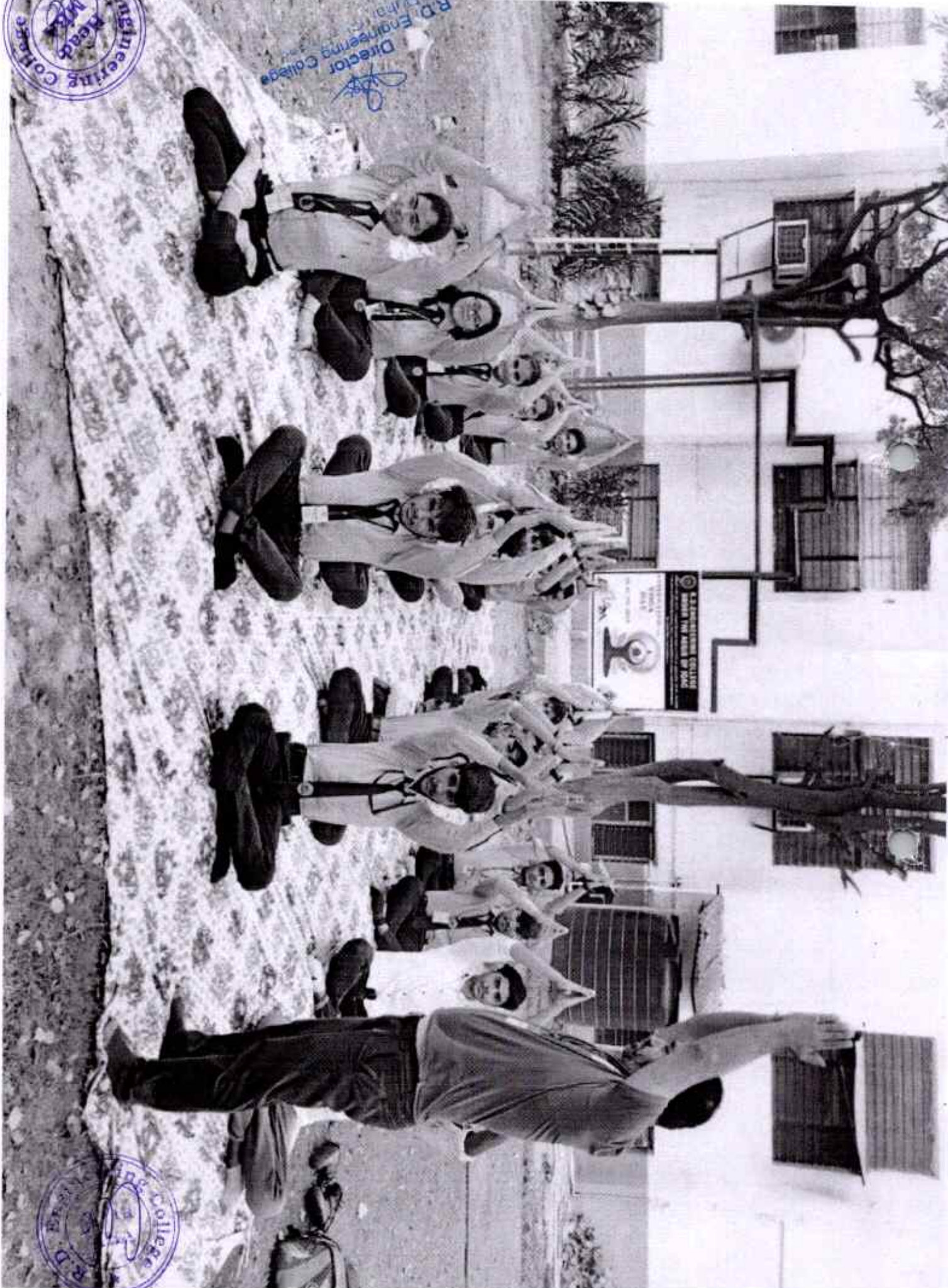
| Questions | Answer's |
|---|-----------------------|
| 1. Workshop / Seminar objectives were stated clearly and meet. | 5 4 3 2 1 |
| 2. The workshop / Seminar was well organised. | 5 4 3 2 1 |
| 3. The information and/or skill presented were relevant and useful. | 5 4 3 2 1 |
| 4. The workshop increased 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, Ghazipur





Director
R.D. Engineering College
Muradpur



RD ENGINEERING COLLEGE
NAAC CRITERIA –5.1.2

(Capacity building and skills Initiatives)

MCA Department

Session: 2022-2023

Topics: Yoga Session

Date: 21/06/2023



R. D. ENGINEERING COLLEGE

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

Ref.....

Date.....

Notice

This is hereby informed to all the students of MCA that R.D Engineering College is celebrating a **International Yoga Day** on 21st June 2023 at 7:00am. Interested students are requested to attend program and benefits from the same.

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

Prof. Ashutosh Pradhan

(Head, MCA) *



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board

Department of MCA

Session 2022-2023

REPORT OF YOGA SESSION CONDUCTED FOR MCA STUDENTS

Topic: Yoga Session

Speaker:- Mr. Vivek Bhardwaj

Date: 21/06/2023

Time: 7:00 AM

Venue: Ground 1

Approximate 166 Students have benefited by Yoga Session.

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

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

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

Objective

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

Future Outcomes

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

H.O.D MCA



EVENT COORDINATOR



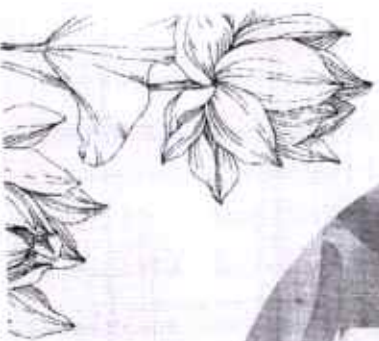
RD ENGINEERING COLLEGE YOGA SESSION

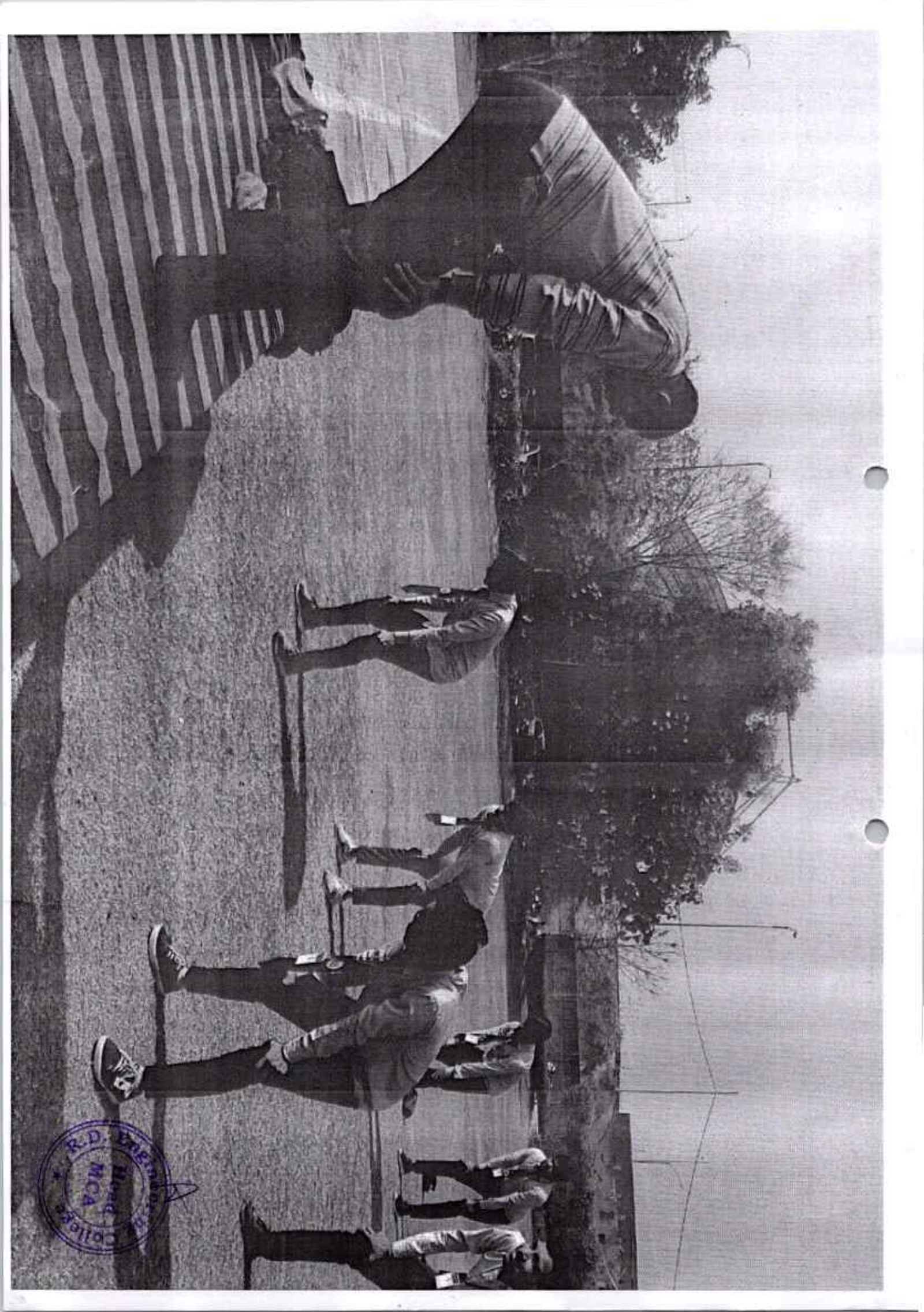


IMPORTANT INFORMATION ABOUT YOGA

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

PROGRAM DATE -21 JUNE 2023





Vivek Bhardwaj

vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

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

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

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

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

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



Invitation for Seminar

3 messages

hodmca<hod_mca@rdec.in>

Mon, June 12, 2023 at 1:15 PM

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>

Wed, June 14, 2023 at 1:56 PM

To: hod mca <hod_mca@rdec.in>

Dear Sir,

Thanks for your invitation.

I will be available for the seminar on June 21, 2023. Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj
[Quoted text hidden]



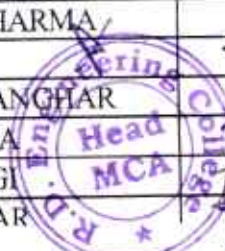
ATTENDANCE OF MCA STUDENTS PARTICIPATED IN

yoga session

ORGANISED BY R.D.ENGINEERING COLLEGE

UNDER THE AEGIS OF IQAC DATED: 21/06/2023

| SN0 | ROLL NO. | NAME | YEAR | SIGNATURE |
|-----|---------------|-----------------------|---------|--------------------|
| 1 | 2202310140001 | AADARSH SHARMA | 2nd Sem | Aadarsh |
| 2 | 2202310140002 | AAKANSHA SHARMA | II | Aakanksha |
| 3 | 2202310140003 | AAKASH SHARMA | II | Aakash |
| 4 | 2202310140004 | AAYUSH KAUSHIK | II | Aayush |
| 5 | 2202310140005 | AAYUSH SHARMA | II | Aayush |
| 6 | 2202310140006 | ABHAY SINGH | II | ABHAY |
| 7 | 2202310140007 | ABHINAV KUMAR BALIYAN | II | Abhinav K. Baliyan |
| 8 | 2202310140008 | ABHISHEK KUMAR | II | Abhishek |
| 9 | 2202310140009 | ABHISHEK KUMAR | II | Abhishek |
| 10 | 2202310140010 | ABHISHEK SHARMA | II | Abhishek Sharma |
| 11 | 2202310140011 | ADITYA SINGH | II | Aditya Singh |
| 12 | 2202310140012 | AKANKSHA CHAUDHARY | II | Akanksha |
| 13 | 2202310140013 | AKASH | II | Aakash |
| 14 | 2202310140014 | AKASH GIRI | II | Akash Giri |
| 15 | 2202310140015 | AKSHAY KUMAR(LATER) | II | Akshay |
| 16 | 2202310140016 | AMNESH | II | Amnesh |
| 17 | 2202310140017 | ANIKET TYAGI | II | Aniket |
| 18 | 2202310140018 | ANIRUDH SINGH | II | Anirudh |
| 19 | 2202310140019 | ANKIT KUMAR | II | Ankit K. |
| 20 | 2202310140020 | ANKIT KUMAR | II | Ankit |
| 21 | 2202310140021 | ANKUSH CHAUDHARY | II | Ankush |
| 22 | 2202310140022 | ANSHUL SHRIVASTAVA | II | Anshul |
| 23 | 2202310140023 | ANTU TYAGI | II | Antu Tyagi |
| 24 | 2202310140024 | ANUJ KUMAR BHARDWAJ | II | Anuj |
| 25 | 2202310140025 | ARPIT BHADORIA | II | Arpit |
| 26 | 2202310140026 | ARVIND KUMAR RAI | II | Arvind |
| 27 | 2202310140027 | BHAGVINDER SINGH | II | Bhagvinder |
| 28 | 2202310140028 | DEEPAK GAUTAM | II | Deepak Gautam |
| 29 | 2202310140029 | DEEPAI TYAGI | II | Deepali |
| 30 | 2202310140030 | DEEPANSHU SHARMA | II | Deepanshu |
| 31 | 2202310140031 | DEVANSHU RATURI | II | Devanshu |
| 32 | 2202310140032 | DINESH GUPTA | II | Dinesh |
| 33 | 2202310140033 | FAHAD KHAN | II | Fahad Khan |
| 34 | 2202310140034 | GAURV SAINI | II | Gaurv |
| 35 | 2202310140035 | HARSH TYAGI | II | Harsh |
| 36 | 2202310140036 | HARSHIT TYAGI | II | Harshit Tyagi |
| 37 | 2202310140037 | HARSHIT TYAGI | II | Harshit Tyagi |
| 38 | 2202310140038 | HARSHITA | II | Harshita |
| 39 | 2202310140039 | HIMANI TYAGI | II | Himani |
| 40 | 2202310140040 | HIMANSHU | II | Himanshu |
| 41 | 2202310140041 | HIMANSHU SHARMA | II | Himanshu Sharma |
| 42 | 2202310140042 | HIMANSHU SHARMA | II | Himanshu |
| 43 | 2202310140043 | JATIN TYAGI | II | Jatin Tyagi |
| 44 | 2202310140044 | JITENDER DHANGHAR | II | Jitender |
| 45 | 2202310140045 | JYOTI SHARMA | II | Jyoti |
| 46 | 2202310140046 | KALASH TYAGI | II | Kalash Tyagi |
| 47 | 2202310140048 | KARAN KUMAR | II | Karan Kumar |



| | | | | |
|-----|---------------|----------------------|----|-----------------|
| 48 | 2202310140049 | KASHISH TYAGI | II | Kashish |
| 49 | 2202310140050 | KASHISH TYAGI | II | Kashish |
| 50 | 2202310140051 | KESHAV SHARMA | II | Keshav |
| 51 | 2202310140052 | KHUSHI BHARDWAJ | II | Khushi Bhardwaj |
| 52 | 2202310140053 | KHUSHI TYAGI | II | Khushi Tyagi |
| 53 | 2202310140054 | KOMAL PANDEY | II | Komal |
| 54 | 2202310140055 | KULDEEP | II | Kuldeep |
| 55 | 2202310140056 | KUNAL GIRI | II | Kunal |
| 56 | 2202310140057 | LAKSHAY | II | Lax |
| 57 | 2202310140058 | MANSI TYAGI | II | Mansi |
| 58 | 2202310140059 | MANSI TYAGI | II | Mansi |
| 59 | 2202310140060 | MANVI TYAGI | II | Manvi |
| 60 | 2202310140061 | MOH KAIF | II | Moht |
| 61 | 2202310140062 | MONTY SINGH | II | Monty |
| 62 | 2202310140063 | MUSKAN KAUSHIK | II | Muskan |
| 63 | 2202310140064 | NAVIKA TYAGI | II | Navika |
| 64 | 2202310140065 | NEHA CHAUHAN(LATER) | II | Neha |
| 65 | 2202310140066 | PANKAJ | II | Pankaj |
| 66 | 2202310140067 | PANKAJ | II | Pankaj |
| 67 | 2202310140068 | PITAMBER GUPTA | II | Pitamber |
| 68 | 2202310140069 | POOJA ARYA | II | Pooja |
| 69 | 2202310140070 | PRACHI | II | Prachi |
| 70 | 2202310140071 | PRASHANT KUMAR | II | Prashant Kumar |
| 71 | 2202310140072 | PRASHANT TYAGI | II | Prashant |
| 72 | 2202310140073 | PRATIBHA CHOUDHARY | II | Pratibha |
| 73 | 2202310140074 | PRIYANSHU SINGH | II | Priyanshu |
| 74 | 2202310140075 | PRIYANSHU TYAGI | II | Priyanshu |
| 75 | 2202310140076 | RAGHAV RAJ SHARMA | II | Raghav |
| 76 | 2202310140077 | RAJAT KASHYAP | II | Rajat |
| 77 | 2202310140078 | RAJEEV | II | Rajeev |
| 78 | 2202310140079 | RAJEEV TYAGI | II | Rajeev |
| 79 | 2202310140080 | RAJEEV VERMA | II | Rajeev |
| 80 | 2202310140081 | RAKESH MISHRA | II | Rakesh |
| 81 | 2202310140082 | RAKHI | II | Rakhi |
| 82 | 2202310140083 | RISHABH BHARDWAJ | II | Rishabh |
| 83 | 2202310140085 | RITESH PANDEY | II | Ritesh |
| 84 | 2202310140086 | RITIK TYAGI | II | Ritik |
| 85 | 2202310140087 | ROSHAN SAHANI(LATER) | II | Roshan Sahani |
| 86 | 2202310140088 | SADHANA PAL | II | Sadhana |
| 87 | 2202310140089 | SAGAR KUMAR | II | Sagar |
| 88 | 2202310140090 | SAHIL GUPTA | II | Sahil |
| 89 | 2202310140091 | SANGEET KUMAR | II | Sangeet |
| 90 | 2202310140092 | SANGEETA | II | Sangeeta |
| 91 | 2202310140093 | SATYAM TYAGI | II | Satyam |
| 92 | 2202310140094 | SAURABH KUMAR | II | Saurabh |
| 93 | 2202310140095 | SAURABH YADAV | II | Saurabh |
| 94 | 2202310140096 | SHAGUN | II | Shagun |
| 95 | 2202310140097 | SHASHI CHAND MISHRA | II | Shashi |
| 96 | 2202310140098 | SHEKHAR JHA(LATER) | II | Shekhar Jha |
| 97 | 2202310140099 | SHIVAM DUBEY | II | Shivam |
| 98 | 2202310140100 | SHIVAM VERMA | II | Shivam |
| 99 | 2202310140101 | SHREY SHARMA | II | Shrey |
| 100 | 2202310140102 | SHRUTI | II | Shruti |



| | | | | |
|-----|---------------|-------------------|-----|--------------|
| 101 | 2202310140103 | SIDDHARTHA | II | |
| 102 | 2202310140104 | SRISHTI NAGARKOTI | II | Shishhti |
| 103 | 2202310140105 | SUDHIR SINGH | II | Sudhis |
| 104 | 2202310140106 | SUMIT PANDEY | II | Sumitea |
| 105 | 2202310140107 | TANIYA TYAGI | II | Taniya tyagi |
| 106 | 2202310140108 | TANU SHARMA | II | Tanu Sharma |
| 107 | 2202310140109 | TANU TYAGI | II | Tanu Tyagi |
| 108 | 2202310140110 | TARA BISHT | II | Tara |
| 109 | 2202310140111 | UVESH | II | Uvesh |
| 110 | 2202310140112 | VARUN KUMAR | II | Varun |
| 111 | 2202310140113 | VASHU TYAGI | II | Vashu tyagi |
| 112 | 2202310140114 | VIKAS | II | Vikas |
| 113 | 2202310140115 | VIKAS GAUTAM | ATB | VIKAS |
| 114 | 2202310140116 | VIKAS GUPTA | II | VIKAS Gupta |
| 115 | 2202310140117 | VIKASH | ATB | VIKASH |
| 116 | 2202310140118 | VISHAKHA SHARMA | II | Vishakha |
| 117 | 2202310140119 | VIVEK | II | Vivek |
| 118 | 2202310140120 | VIVEK SINGH | ATB | VIVEK |
| 119 | 2202310140121 | WASIM | ATB | WASIM |



yoja section
ATTENDANCE OF MCA STUDENTS PARTICIPATED IN
ORGANISED BY R.D.ENGINEERING COLLEGE
UNDER THE AEGIS OF IQAC DATED: 21/6/2023

| SNo | ROLL NO. | NAME | YEAR | SIGNATURE |
|-----|---------------|------------------------|---------------------|-----------------|
| 1 | 2102310140001 | AADIL ALI | 4 th sem | Aadil |
| 2 | 2102310140002 | AAKANSHA TYAGI | 4 th sem | Aakansha Tyagi |
| 3 | 2102310140004 | ABHAY | 4 th sem | Abhay |
| 4 | 2102310140005 | ABHISHEK KR GOND (NEW) | AB | SENT |
| 5 | 2102310140006 | ABHISHEK SHARMA | 4 th sem | Abhishek |
| 6 | 2102310140007 | ABHISHEK VERMA | 4 th sem | Abhishek |
| 7 | 2102310140008 | ABHISHEK VERMA | 4 th sem | Abhishek |
| 8 | 2102310140009 | AMIT KUMAR SHARMA | 4 th sem | Amit Kumar |
| 9 | 2102310140010 | ANJALI SHARMA | 4 th sem | Anjali |
| 10 | 2102310140012 | ASHU KUMAR | AB | SENT |
| 11 | 2102310140013 | AWNISH KUMAR | 4 th sem | Awnish Kumar |
| 12 | 2102310140014 | BHUPENDRA KUMAR | 4 th sem | Bhupendra Kumar |
| 13 | 2102310140016 | DEEPAK BHANDARI | 4 th sem | Deepak Bhandari |
| 14 | 2102310140017 | DEEPAK KUMAR | AB | SENT |
| 15 | 2102310140019 | GAURAV | 4 th sem | Gaurav |
| 16 | 2102310140020 | GAURAV SHARMA | 4 th sem | Gaurav Sharma |
| 17 | 2102310140021 | GEETA RAGHAV | AB | SENT |
| 18 | 2102310140022 | GUNJAN SINGH | 4 th | Gunjan Singh |
| 19 | 2102310140023 | HARSH SHARMA | IV | Harsh |
| 20 | 2102310140024 | HARSH VARDHAN | IV | Harsh |
| 21 | 2102310140025 | HIMANSHU SRIVASTAVA | AB | SENT |
| 22 | 2102310140026 | HIMANSHU TAMAR | IV | Himanshu Tamar |
| 23 | 2102310140027 | KAMINI | IV | Kamini |
| 24 | 2102310140029 | KRISHAN SHARMA | IV | Krishan |
| 25 | 2102310140031 | LAVKUSH TYAGI | IV | Lavkush Tyagi |
| 26 | 2102310140030 | LAKSHIT CHAUHAN | AB | SENT |
| 27 | 2102310140034 | MUKUL CHAUHAN | IV | Mukul Chauhan |
| 28 | 2102310140033 | MANSI SAINI | IV | Mansi |
| 29 | 2102310140032 | MADHVI DIXIT | 4 th sem | Madhvi |
| 30 | 2102310140035 | MUSHARRAF AHMED | AB | SENT |
| 31 | 2102310140037 | NAVEEN KUMAR | 4 th | Naveen |
| 32 | 2102310140036 | NAKUL | 4 th | Nakul |
| 33 | 2102310140038 | NISHA (MBA) | ABSENT | |
| 34 | 2102310140039 | NISHANT TYAGI (NEW) | ABSENT | |
| 35 | 2102310140041 | PANKAJ KUMAR KUSHWAHA | 4 th | Pankaj |
| 36 | 2102310140042 | PRACHI SINGH | 4 th | Prachi |
| 37 | 2102310140044 | PRAMOD KUMAR | 4 th | Pramod |
| 38 | 2102310140045 | PRASHANT KUMAR | 4 th | Prashant Kumar |
| 39 | 2102310140046 | PRATEEK TYAGI | AB | SENT |
| 40 | 2102310140047 | PRIYANSHU SRIVASTAVA | 4 th | Priyanshu |
| 41 | 2102310140048 | RAHI TYAGI | 4 th | Rahi Tyagi |
| 42 | 2102310140049 | RAJAN KUMAR | 4 th | Rajan Kumar |
| 43 | 2102310140050 | RAJAT TYAGI | 4 th | Rajat |
| 44 | 2102310140053 | ROHIT KUMAR | AB | SENT |
| 45 | 2102310140052 | RENU TIREEYA | 4 th | Renu |
| 46 | 2102310140054 | ROSHAN MAURYA | 4 th | Roshan |
| 47 | 2102310140055 | RUPAL TYAGI | | |
| 48 | 2102310140056 | SACHIN TYAGI | AB | SENT |
| 49 | 2102310140057 | SADAB ALI | 4 th | Sadab |
| 50 | 2102310140058 | SAGAR SIROHI | 4 th | Sagar |
| 51 | 2102310140059 | SANJEEV KUMAR | 4 th | Sanjeev |



| | | | | |
|----|---------------|-------------------|------------------------|-------------------|
| 52 | 2102310140061 | SHIVANI PAL | 3 rd IV Sem | Shivani Pal |
| 53 | 2102310140060 | SHAGUN TYAGI | IV | Shagun |
| 54 | 2102310140062 | SUBHAM SRIVASTAVA | IV Sem | Subham |
| 55 | 2102310140063 | SUMIT KUMAR | IV Sem | Sumit |
| 56 | 2102310140064 | UTKARSH TIWARI | IV Sem | Utkarsh |
| 57 | 2102310140066 | UWAISH KHAN | IV Sem | Uwaish Khan |
| 58 | 2102310140067 | VAIBHAV SHARMA | IV Sem | Vaibhav |
| 59 | 2102310140068 | VANDNA TYAGI | IV Sem | Vandana |
| 60 | 2102310140069 | VARSHA TYAGI | IV Sem | Varsha Tyagi |
| 61 | 2102310140071 | VIJAY SINGH | IV Sem | Vijay Singh |
| 62 | 2102310140072 | VIKKI | IV Sem | Vikki |
| 63 | 2102310140073 | VIMAL KUMAR | IV Sem | Vimal Kumar |
| 64 | 2102310140074 | VIPIN TYAGI | IV Sem | Vipin |
| 65 | 2102310140075 | VISHAL CHAUHAN | IV Sem | Vishal Chauhan |
| 66 | 2102310140077 | Yashasvi Vashisth | IV | Yashasvi Vashisth |
| 67 | 2102310140076 | yash Tyagi | IV | Yash |
| 68 | 2102310140078 | YATIN TYAGI | IV | Yatin Tyagi |



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 21/06/23

1) Name Adarsh Sharma

2) Roll No 2202310140001

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 26/06/23

1) Name Aakansha Sharma

2) Roll No 2202310140002

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 26/06/23

1) Name Aakash sharma 2) Roll No 2202310140003

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 26 June, 23

1) Name Aayush Kaushik 2) Roll No 2202310140004

Please respond 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: | <u>YES</u> | | | NO |



Feedback form

Yoga Exercise

Branch MCA Semester II

Date 21/06/2023

1) Name Aayush Sharma

2) Roll No 2202310140005

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023
1) Name Abhay Singh 2) Roll No 190 220231014 0506

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Abhinav Kumar Ralhan

2) Roll No 2202310190007

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Abhishek Kumar 2) Roll No 2202310140008

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21 June, 2023

1) Name Abhishek Kumar

2) Roll No 220231014009

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 28/06/23

1) Name Abhishek Sharma 2) Roll No 2002310140010

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Aditya Singh

2) Roll No 2202310140011

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 21 June, 2023

1) Name Abantsha Chaudhary

2) Roll No 202310140012

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 21/06/23

1) Name Akash

2) Roll No 2202310140013

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Akash Givi

2) Roll No 2202310140014

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/05/23
1) Name Akshay Kumar (Lata) 2) Roll No 2202310140015

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/23
1) Name Amnesh 2) Roll No 2202310140016

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/23

1) Name Aniket Syagi

2) Roll No 220231014 0017

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Anisudh Singh 2) Roll No 2202310140018

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Aulcit Kumar

2) Roll No 2202310140019

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Ankit Kumar 2) Roll No 2202310140020

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Ankush Chandhary 2) Roll No 220210140021

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Ashul Shrivastava 2) Roll No 2202310140022

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Ashu Tyagi

2) Roll No 2202210140023

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Anuj Kumar Bhasidwaj 2) Roll No 2202310140024

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Arpit Bhadoria

2) Roll No 2202310140025

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

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

YES

NO



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/28
1) Name Avinid Rai 2) Roll No 2202310145026

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Bhagwinder Singh 2) Roll No 2202210140027

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Deepak gautam

2) Roll No 2202310140029

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Deepali Tyagi

2) Roll No 2202310140029

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 8 Date 21/06/23

1) Name Deepanshu Sharma

2) Roll No 22023/0140030

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Devanshu

2) Roll No 2202310140031

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Dinesh Gupta

2) Roll No 2202310140032

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name FAHAD KHAN

2) Roll No 2202310140033

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester VI

Date 21/06/23

1) Name Gaurav Saini

2) Roll No 2202310140034

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Harsh Tyagi 2) Roll No 2202310140035

Please respond 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"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Harshit Tyagi

2) Roll No 2202310140036

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Hansraj Tyagi

2) Roll No 2202310140037

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Harshita

2) Roll No 2202310140038

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Himani Tyagi

2) Roll No 2202310140039

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Himanshu 2) Roll No 2202310140040

Please respond 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="checkbox"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Mihanshu Sharma

2) Roll No 2202310140041

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Himanshu Sharma

2) Roll No 2202310140042

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Jatin Tyagi

2) Roll No 2202310140043

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Jitendar dhangra 2) Roll No 2202210140044
21/06/2023

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Jyoti Sharma 2) Roll No 2202310140045

Please respond 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"/> |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Kalash Tripathi

2) Roll No 2202310140046

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Karan Kumar

2) Roll No 2202310140048

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Kashish Tyagi 2) Roll No 2202310140049

Please respond 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"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Kashish Pyagi 2) Roll No 220231014 0050

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Keshu Sharma 2) Roll No 2202310140057

Please respond 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"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Khwshi Bhardwaj

2) Roll No 2202310190052

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Khushi Tyagi

2) Roll No 2202310140053

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Kamal Pandey 2) Roll No 2202310140054

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester I

Date 21/06/23

1) Name Kuldeep

2) Roll No 2202310140055

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

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



Feedback form

Yoga Exercise

Branch MCA Semester V Date 21/06/23

1) Name Kunal Giri

2) Roll No 2202310140056

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Lakshmy

2) Roll No 2202310140057

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Mansi Tyagi 2) Roll No 2202310140058

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Mansi Tyagi

2) Roll No 2202310140059

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Manvi Tyagi

2) Roll No 2202310140060

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23

1) Name Mo. Kesh

2) Roll No 2202210140061

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Monty Singh 2) Roll No 2202310140062

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Mustan Kaushik 2) Roll No 2202210140063

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Navika Tyagi

2) Roll No 2202310140064

Please respond 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

NO



Feedback form

Yoga Exercise

Branch HCA Semester II Date 21/06/23
1) Name Neha Chaudhary 2) Roll No 2202310140065

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Paulraj

2) Roll No 2202310140066

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Pankaj 2) Roll No 22023140067

Please respond 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="checkbox"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Pitamber Gupta 2) Roll No 2202310140068

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Pooja Aoya

2) Roll No 2202310140069

Please respond 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"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester V Date 21/06/23
1) Name Prachi 2) Roll No 2202310140070

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Prashant Kumar

2) Roll No 2202310140071

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Prashant Pyagi

2) Roll No 2202310140072

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Pratishtha Chaudhary 2) Roll No 202310140073

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Poojanshu Singh

2) Roll No 2202310140074

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Priyanshu Tyagi

2) Roll No 2202310140075

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23

1) Name Raghu Raj Sharma 2) Roll No 220231014 0076

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23

1) Name Rajat Kashyap 2) Roll No 2202310140077

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23

1) Name Rajeev

2) Roll No 2202310140078

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23

1) Name Rajeev Tyagi 2) Roll No 2202310140079

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester VI

Date 21/06/23

1) Name Rajeev .

2) Roll No 2202310140080

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23
1) Name Rakesh Mishra 2) Roll No 2202310140081

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23
1) Name Rakhi 2) Roll No 2202210140082

Please respond 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"/> |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/6/23

1) Name Richabh Bhardwaj

2) Roll No 2202310140083

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/6/23

1) Name Ritesh Pandey

2) Roll No 2202310140085

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023
1) Name Ritesh pandey. 2) Roll No. 2202310140085

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023
1) Name Roshan Sharma 2) Roll No 2202310140087

Please respond 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"/> |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 24/06/2023
1) Name Sadhana Pal 2) Roll No 2202310140088

Please respond 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"/> | <input checked="" type="checkbox"/> | | |
| 3 | I will use these breathing exercises to help me in my daily life. | <input checked="" type="checkbox"/> | | | |
| 4 | The yoga postures and stretching exercises I learned reduced the stiffness in my body. | <input checked="" type="checkbox"/> | | | |
| 5 | I will use these meditation techniques in my daily life. | <input checked="" type="checkbox"/> | | | |
| 6 | I will use these yoga postures and stretching exercises in my daily life. | | <input checked="" type="checkbox"/> | | |
| 7 | In general what I have learned in this class will be helpful in my everyday life. | <input checked="" type="checkbox"/> | | | |
| 8 | I would recommend this yoga class to other. make circle one: | <input checked="" type="checkbox"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name SAGAR KUMAR

2) Roll No 2202310140189

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Sahil Gupta

2) Roll No 2202310140090

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21 June, 2023

1) Name Sangeet Kumar 2) Roll No 202310140091

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 24/06/23

1) Name Sangeeta

2) Roll No 2202310140092

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Satyam Tyagi

2) Roll No 2202210190093

Please respond 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 |



Branch MCA Semester II Date 21/6/23

1) Name Saurabh Kumar

2) Roll No 2202210140094

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21 June, 2023

1) Name Saurabh Yadav 2) Roll No 202202310140095

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 11 Date 21/06/23

1) Name Shagan

2) Roll No 2202310140096

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name SHASHI CHAND MISHRA 2) Roll No 2202310140097

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023
1) Name Shekhar Jha 2) Roll No 2202310140098

Please respond 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"/> |



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Shivani Dubey

2) Roll No 2202310140099

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/2023

1) Name Shivam Vema

2) Roll No 2202360190100

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Surey Sharma

2) Roll No 2202310140101

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester 11

Date 21/06/23

1) Name Shruti

2) Roll No 2202310140/02

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21 June, 2023

1) Name Siddhanta

2) Roll No 2202310140103

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/ Jun/23
1) Name SRIJSHITI NAGARKOTI 2) Roll No 2202310140004

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Sudhit

2) Roll No 2202710140105

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 20/6/2023

1) Name Sumit Pandey

2) Roll No 22023104400106

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/6/23

1) Name Tuniya Tyagi

2) Roll No 22023101400107

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/6/23

1) Name Tanusharma

2) Roll No 22023101400108

Please respond 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: | ✓ | | | NO |



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/6/23

1) Name Raja Tanu Tyagi

2) Roll No 22023101400109

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name Tana Bisht 2) Roll No 22023010140110

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester II

Date 21/06/23

1) Name Uvesh

2) Roll No 2202310140111

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21 June, 2023

1) Name Vasun Kumar

2) Roll No 2202310140112

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Vashu Tyagi 2) Roll No 220221014013

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Vikas.

2) Roll No 220231014014

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 24/06/2023
1) Name Vikas Gupta 2) Roll No 2202310140116

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/2023

1) Name Vishakha Sharma 2) Roll No 2202310140118

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

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



Feedback form

Yoga Exercise

Branch MCA Semester II Date 21/06/23

1) Name VIVEK

2) Roll No 2202310140119

Please respond 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 |



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/23
1) Name Aakansha Tyagi 2) Roll No 2102310140002

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/23

1) Name ABHAY

2) Roll No 2102310140004

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester 4th sem

Date 21/06/23

1) Name Abhishek Sharma

2) Roll No 2102310140006

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 2/06/23

1) Name Abhishek Verma

2) Roll No 2102310140007

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21 June, 2023

1) Name Abhishek Verma

2) Roll No 2102310140008

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 21, June, 2023

1) Name Amit Kumar Sharma

2) Roll No 2102310140009

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-2023

1) Name Anjali Sharma 2) Roll No 2102310140000

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-2023

1) Name Awnish Kumar

2) Roll No 2102310140013

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-2023

1) Name Bhupendra kumar

2) Roll No 210 2310140014

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-2023

1) Name Deepak Bhandari

2) Roll No 2102310190016

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-23
1) Name GAURAV 2) Roll No 2102310140019

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 21-June-23

1) Name Gaurav sharma

2) Roll No 2102310140020

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21-June-2023
1) Name Gurjan Singh 2) Roll No 2102310140022

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-2023
1) Name Harsh Sharma 2) Roll No 2102310/40023

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23

1) Name Harsh Vardhan

2) Roll No 2102310140024

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23

1) Name Himanshu Tamah

2) Roll No 2102310140026

Please respond 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 im my daily life. | | <input checked="" type="checkbox"/> | | |
| 6 | I will use these yoga postures and stretching exercises in my daily life. | <input checked="" type="checkbox"/> | | | |
| 7 | In general what I have learned in this class will be helpful in my everyday life. | <input checked="" type="checkbox"/> | | | |
| 8 | I would recommend this yoga class to other.make circle one: | <input checked="" type="checkbox"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester IIITH Date 21/06/23

1) Name KAMINI 2) Roll No 2102310140027

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IVth

Date 21/04/23

1) Name Krishan sharma

2) Roll No 2102310140029

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023

1) Name Lakshya Tyagi 2) Roll No 2102810140031

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23
1) Name Mukul Chauhan 2) Roll No 2102310140034

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21-June-2023
1) Name Mansi Saini 2) Roll No 2102310140033

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23

1) Name Madhvi Dixit

2) Roll No 2102310140032

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 7th Date 21/06/23

1) Name Navan Kumar

2) Roll No 2102310140037

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 21/06/23

1) Name Nakul

2) Roll No 210230140036

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 21/06/23

1) Name Prachi

2) Roll No 2102310140042

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23

1) Name PRAMOD KUMAR

2) Roll No 2102310140044

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IVth

Date 21/06/23

1) Name PRASHANT KUMAR

2) Roll No 2102310140045

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IVth Date 21/06/23
1) Name PRIYANSHU SRIVASTAVA 2) Roll No 2102310140047

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

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



Feedback form

Yoga Exercise

Branch MCA Semester V Date 21/06/23

1) Name Rohit yagi

2) Roll No 2102310140048

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/2023

1) Name Rajan Kumar. 2) Roll No 2102310140049

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

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



Feedback form

Yoga Exercise

Branch MED Semester IV Date 21/08/23

1) Name Rajesh Tyagi 2) Roll No 2102310140050

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23

1) Name Renu Tirreya

2) Roll No 2102310140052

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester 4th

Date 21/06/23

1) Name Roshan Maurya

2) Roll No 2102310140054

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IVth

Date 21/06/23

1) Name RUPAL TYAGI

2) Roll No 2102310140055

Please respond 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"/> | <input checked="" type="checkbox"/> | | |
| 4 | The yoga postures and stretching exercises I learned reduced the stiffness in my body. | <input checked="" type="checkbox"/> | | | |
| 5 | I will use these meditation techniques in my daily life. | | <input checked="" type="checkbox"/> | | |
| 6 | I will use these yoga postures and stretching exercises in my daily life. | <input checked="" type="checkbox"/> | | | |
| 7 | In general what I have learned in this class will be helpful in my everyday life. | | <input checked="" type="checkbox"/> | | |
| 8 | I would recommend this yoga class to other. make circle one: | <input checked="" type="checkbox"/> | | | <input type="checkbox"/> |



Feedback form

Yoga Exercise

Branch MCA

Semester 7th

Date 21/06/23

1) Name SACHIN TYAGI

2) Roll No 2010231040056

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester Vth

Date _____

1) Name SADABALI

2) Roll No 2102310140057

Please respond 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 <input checked="" type="radio"/> NO <input type="radio"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester IVth Date 21/06/23

1) Name SAGAR SIROHI

2) Roll No 2102310140058

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/23
1) Name Sanjeen kumar 2) Roll No 2102310140059

Please respond 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

NO



Feedback form

Yoga Exercise

Branch MCA Semester Vth Date 21/06/23

1) Name Shivani pal

2) Roll No 2202310140061

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/23

1) Name Shojin Tyagi

2) Roll No 2102210140060

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/2023
1) Name Sumit 2) Roll No 210231014063

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

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



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/23
1) Name Utkarsh 2) Roll No 210231014084

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

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



Feedback form

Yoga Exercise

Branch MCA

Semester IV

Date 21/06/2023

1) Name Vaibhav Sharma

2) Roll No 2102210140067

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023

1) Name Vandana Tyagi 2) Roll No 2123101140060

Please respond 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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | The breathing exercises I learned to calm me were effective. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | I will use these breathing exercises to help me in my daily life. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | The yoga postures and stretching exercises I learned reduced the stiffness in my body. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | I will use these meditation techniques in my daily life. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | I will use these yoga postures and stretching exercises in my daily life. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | In general what I have learned in this class will be helpful in my everyday life. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | I would recommend this yoga class to other. make circle one: | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023
1) Name Varsha Tyagi 2) Roll No 2102310140060

Please respond 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"/> | | | |



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023

1) Name Vikki

2) Roll No 2102310140072

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023
1) Name Vimal Kumar 2) Roll No 2102310140073

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023

1) Name Vipin Tyagi 2) Roll No 2102210140074

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

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



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 21/06/2023

1) Name Yashashvi Vashista 2) Roll No 2102310140077

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

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

YES

NO



Feedback form

Yoga Exercise

Branch MCA Semester IV Date 2/06/2023

1) Name Yash Tyagi

2) Roll No 2102310140076

Please respond 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"/> |

