

#### 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:-2021-2022





Yoga Skills I message

Mr. Manu Kothiyal<sendittomanu@gmail.com>

Wednesday, 16th June, 2021 at 4:35 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 skill on 16th June, 2021. 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





Yoga Skills

1 message

Mr. Vivek Bhardwaj1vivekbhardwaj12@gmail.com

To: <sendittomanu@gmail.com>

Friday,18thJun,2021at 1:35 pm

Dear Sir/Madam,

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

#### Thank You

Regards, Mr. Vivek Bhardwaj





#### R.D. ENGINEERING COLLEGE

Approved by AICITENew Delhi&Affiliated toDr.APJAbdulkalam Technical University,lucknow 9<sup>th</sup>KM Mile Stone on NH-58 Delhi Meerut Road Duhai Ghaziabad -201206(U.P)

Phone: 0120-2679301,02.03,04 Fax: 0120-2679300

Email:info&rdec.in

Website:www.rdec.in

#### NOTICE

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

DATE:- 21st June,2021

VENUE:- A Block 2<sup>nd</sup> Floor Seminar Hall

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

Your Faithfully,

Mr.Manu kothiyal

(EVENT COORDINATOR)

#### CC;

For Kind Info.Chairman, Director Dean Academic IQAC Cell Hostel Warden Students Notice Board Hostel Notice Board



#### R.D ENGINEERING COLLEGE

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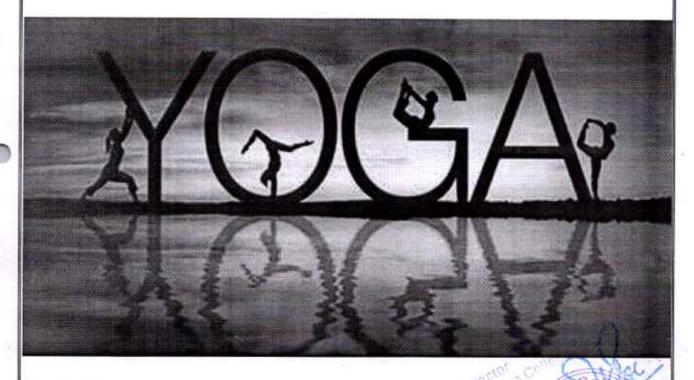
## Yoga session

Guest Speaker
MR.VIVEK BHARDWAJ

Venue:- A Block 2<sup>nd</sup> floor seminar hall

Date: - 21st june, 2021

Time:-11:00 am



Event coordinator MR. Manu Kothiyal



### R.D. ENGINEERING COLLEGE

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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.



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#### Workshop on personality Development

Branch Me	ch Engineering	Semester 1	Date 27 Sch 22
1) Name_	Nikhil	2) Roll No 22	02310400008

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

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

Question	Answers
Workshop/ Seminar objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop/Seminar was well organized.	5 4 3 2 1
3. The information and/or skill presented were relevant and useful.	5 4 3 2 1
<ol> <li>The workshop increased my knowledge and skills.</li> </ol>	5 4 3 2 1
5. 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



#### Workshop on personality Development

Branch Meth Engineeris emester	TS# Date 27 Sep 22
1) Name Aditya Yadav 2) Roll	No 220231040001

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

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

Question	Answers
Workshop/ Seminar objectives were stated clearly and meet.	5) 4 3 2 1
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<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
<ol> <li>The workshop increased my knowledge and skills.</li> </ol>	5 4 3 2 1
5. 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 Mech" Cogureviiser	mester	38	Date 21/June) 22
1)Name_HARSh		20	2310400005

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

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

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

# Department of Applied Science & Humanities Session 2021-22

#### Report of Workshop conducted for B.Tech first year Students

Topic:- Yoga Session

Speaker: - Mr. Vivek Bhardwaj

Date: - 21st June, 2021

Time:- 11:00am

Venue: - A Block 2<sup>nd</sup> 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 year Students. Approximately 120 students benefitted by the workshop.

#### **OBJECTIVES:-**

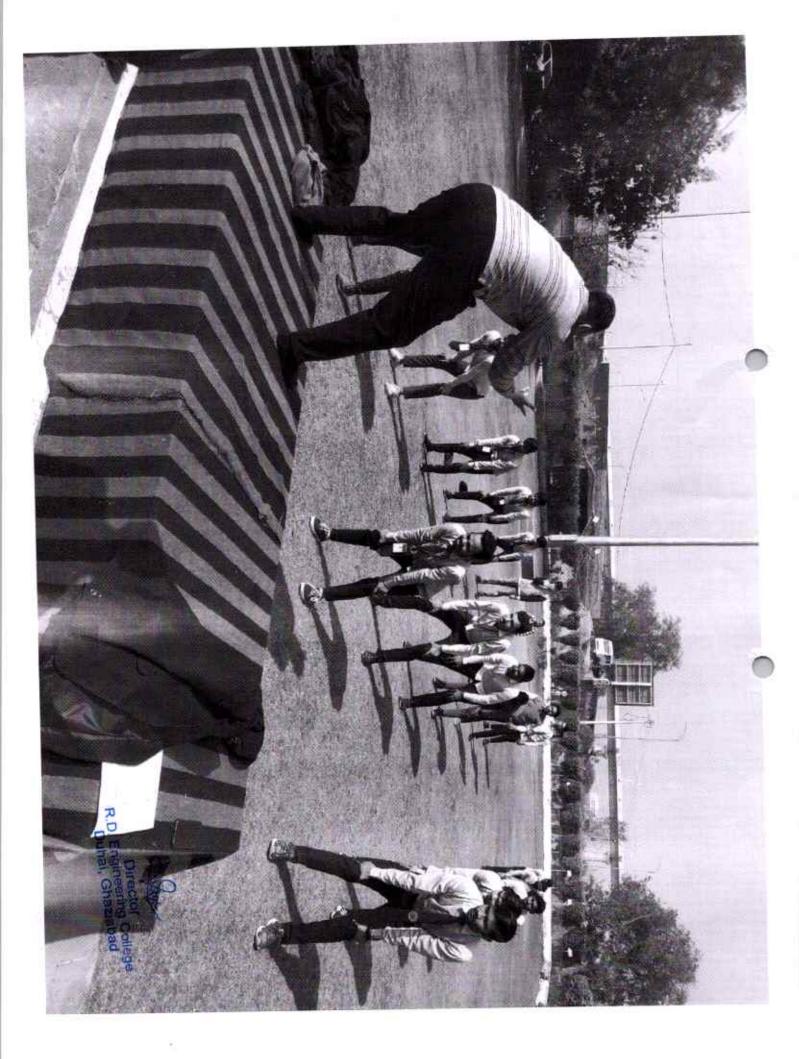
- Development of mental strength and ability.
- Health Awareness.

#### **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- 2021-2022

Program

LIFE SKILL

**Topics** 

#### CRITICAL THINKING

Date

23/06/2022







Pankaj k < hod\_ce@rdec.in>

#### LIFE SKILL ACTIVITY CONFIRMATION

2 messages

Pankaj k < hod\_ce@rdec.in>

To: Sunaina Dutta <sdutta@rics.org>

Tue, April 12, 2022 at 11:45 AM

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

Dear Ms. Sunaina Dutta

I hope this message finds you well. My name is Dr. Pankaj Kumar Singh, and I am reaching out to you on behalf of CE department of R D Engineering College. We are excited to extend an invitation to you to present a seminar on CRITICAL THINKING on 23 June 2022

We believe that your insights would greatly benefit our students.

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

Sunaina Dutta <sdutta@rics.org>
To: "hod\_ce@rdec.in" <hod\_ce@rdec.in>

Fri, April 15, 2022 at 12:02 PM

Dear Dr. Pankaj,

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

Thanks & Regards,

Sunaina Dutta

R.D. Engineering College Duhai, Ghaziabad





#### R.D. ENGINEERING COLLEGE

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

#### Notice

This is hereby informed to all the students of CE that a one day student seminar on **CRITICAL THINKING** will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on 23/06/2022 at 10:00 am in A block seminar hall.

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

Dr. Pankaj Singh

(Head& Professor, CE Dept.)

CC:

Director

Registrar

**IQAC** 

Departmental Notice Board

Hostel Notice Board

Director R.D. Engineering College Duhal, Ghazlabad

#### **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.







# EGIS

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



SEMINAR ON

**CRITICAL THINKING** 



Dr. SUNAINA DUTTA

TIME: 10:00AM

DATE: 23/06/2022

guing

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

R.D. Engineering College Dunai, Ghazlabad

College



#### R.D. ENGINEERING COLLEGE

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

#### **DEPARTMENT OF CIVIL ENGINEERING**

#### Session 2021-22

#### Report On Life Skill Program Conducted for Civil Students.

TOPIC: SEMINAR ON CRITICAL THINKING

SPEAKER: Ms. Sunaina Dutta

DATE: 23/06/2022

TIME: 10:00 am-01:00pm

VENUE: A Block Seminar hall

This program is organized by Department of Civil Engineering to benefit and enhance the skill of Civil students. Approximately 51 students have benefits by this program.

- Critical thinking teaches students how to define and analyze problems, while avoiding fallacies and cognitive biases.
- They develop the ability to make very strong and persuasive arguments based on logic and evidence.

#### OBJECTIVES:-

Critical thinking allows a person to analyze information and make an objective judgment.

#### **FUTURE OUTCCOMES:-**

 We can all improve upon and ultimately master these skills we naturally possess.

 "Having advanced Critical Thinking skills leads to better interpersonal, business, and financial outcomes and is a protective factor against negative

outcomes."

HOD CIVIL ENGINEERING

(SIGNATURE)

EVENT COORDINATOR

(SIGNATURE

# R.D. Engineering College, Ghaziabad (231) AWARENESS PROGRAM ON CRITICAL THINKING CIVIL ENGINEERING 4th SEM(2021-22)

DATE:23/06/2022

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

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

Branch \_\_\_\_\_\_

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2. The workshop / Seminar was well organised.	5	0	3	2
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	3	4	3	2
4. The workshop increased my knowledge and skills.	5	0	3	2
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2

#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CS

Semester\_ U + Date\_\_\_ 23 -6-22

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CE Semester 4th Date 23-6-22

1) Name Gagan Mayra 2) Roll No 2102310009002

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CE Semester Uth Date 23-6-22

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Semester UH1 Date 23 - 6-22

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

2) Roll No 210231 000 9005

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1) Name Ruchin tycyj

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R.D. Engineering College

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch <u>CE</u> Semester TI H

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Date 23-6-22

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Date 23-6-22

2) Roll No 2102310009001

Semester\_ LIH

Branch \_\_\_\_ CE

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

2) Roll No 20023 10000008

Semester\_\_U\th

1) Name Shubham Singh

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Questions		An	swer'	S	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	3	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	<b>(4)</b>	3	2	

Liverati, ratte estafied will all a sasidia



#### **AWARENESS PROGRAM ON CRITICAL THINKING**

1) Name <u>kunal</u> 2) Roll No <u>2</u>	0023	000	00006	
Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	n state	ment	. Pleas	se
5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verage	2
Questions		An	swer's	5
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	4	3	2
2. The workshop / Seminar was well organised.	5	<b>(4</b> )	3	2
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	(3)	2
4. The workshop increased my knowledge and skills.	5	4	3	2
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	(3)	4	3	2
			•	

R.D. Engineering College Duhai, Ghaziabad

#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CF Semester UM Date 23 - 6 - 22

1) Name Ashulosh tyagi Please respond to the following Statements by using the 5 plindicate the extent to which you agree or disagree with each circle the number that applies	oint r	ating	scale		
5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	verag	e	
Questions		An	swer'	s	
Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	1
2. The workshop / Seminar was well organised.	5	<b>(4</b> )	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	B	2	1
The workshop increased my knowledge and skills.	5	(4)	3	2	1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
		0			





#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch <u>CE</u> Semester <u>UM</u> Date <u>23-6-22</u>

1) Name Abhay tyani 2) Roll No 2002310000001

Other Horace		IOW A	verag	е	
Questions		Ar	swer'	's	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	0	3	2	
The workshop / Seminar was well organised.	9 4	3	2		
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	<b>(4)</b>	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	CI.	3	2	





# R.D. Engineering College, Ghaziabad (231) AWARENESS PROGRAM ON CRITICAL THINKING CIVIL ENGINEERING 6th SEM(2021-22)

DATE:23/06/2022

Sno.	Roll No.	Student Name	Signature
1 .	1902310000001	AHMAD HUSSAIN	Ameduson
2	1902310000002	AMANULLAH AHMED	AB
3 .	1902310000003	ANCHAL	Smithel
4.	1902310000004	ANKIT	Anday't
5 ′	1902310000005	ARYAN TYAGI	Hitzay:
6 -	1902310000006	BOBY	butry
7	1902310000007	DEEPANSHU VERMA	Duplustu
8 .	1902310000008	HIMANSHU	Cerembu
9	1902310000009	IMRAN AHMAD SHEERGOJRI	AB
10 _	1902310000010	KM VANDANA	Vandana
11	1902310000012	MOHAMMAD SHAHRYAB	AB
12 .	1902310000013	MUKESH KUMAR	untakh be.
13	1902310000014	MUZAFFAR ALI	AB
14 -	1902310000016	SACHIN KUMAR PUNDIR	On .
15 <	1902310000017	SANGRAM SINGH	Sangra
16 -	1902310000018	SHIVAM CHAUDHARY	Shiram
17 _	1902310000019	SHUBHAM TYAGI	Bulsha
18	2002310009001	AJAY YADAV	AB
19 -	2002310009002	AMISHA GUPTA	Omisha
20 _	2002310009003	ANANT SHARMA	duant
21 -	2002310009004	ANCHALTIWARI	Ame hald Neofeshift
22 /	2002310009005	NITISH BHARDWAJ	Modeshaft
23	2002310009006	UTKARSH PARASHAR	AB





#### AWARENESS PROGRAM ON CRITICAL THINKING

Date 23/06/22

Branch CF Semester V/

	Questions  Orkshop / Seminar objectives were stated clearly and et.  E workshop / Seminar was well organised.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.  Orkshop / Seminar objectives were stated clearly and et.	623/0	0000	16		
	5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow A	erag	ie	
	Questions		Ans	wer	's	
1.	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Seminar was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	<b>_5</b>	4	3	2	1
4.	The workshop increased my knowledge and skills.	Questions  Answer's  eminar objectives were stated clearly and  5 4 3 2 1  / Seminar was well organised.  5 4 3 2 1  on and/or skill presented were relevant and  increased my knowledge and skills.  5 4 3 2 1  f(s) provided adequate time for question and satisfactorily.				
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	A	3	2	1
6	. Overall, I am satisfied with this session.	_5_	4	3	2	1

R.D. Engineering College Duhai, Ghaziabad

#### **AWARENESS PROGRAM ON CRITICAL THINKING**

indicate the extent to which you agree or disagn circle the number that applies  5 = Excellent 4 = Very good 3 = Good 2  Questions  1. Workshop / Seminar objectives were stated clemeet.  2. The workshop / Seminar was well organised.			ment	. Plea	se		
	Questions		An	swer'	s		
	Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2		
2.	The workshop / Seminar was well organised.	(5)	4	3	2		
3.	The information and/or skill presented were relevant and useful.	5	4		2		
4.	The workshop increased my knowledge and skills.	(3)	4	3	2		
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2		
	weran arm died with this session.	(5)	4	3:			





#### **AWARENESS PROGRAM ON CRITICAL THINKING**

1) Name Amisha Gupta 2) Roll No 20023/0009002

	5= Excellent	= Excellent 4= Very good 3=Good 2=Average					1= Below Average				
	Questions					Answer's					
1.	Workshop / Se meet.	minar objectives	were stated	clearly and	5	4	3	2			
2.	The workshop / Seminar was well organised.				5	4	s-	2			
3.	The information and/or skill presented were relevant and useful.			5 d	A	3	2				
4.	The workshop i	increased my knov	wledge and	skills.	٤	- 4	3	2			
5.	The presenter	(s) provided adequatisfactorily	uate time fo	or question a	and 5	4	3	2			



Overan namisatished in this session.



	indicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent		low A		
	Questions		An	swer'	s
	Workshop / Seminar objectives were stated clearly and meet.	(3)	4	3	2
2.	The workshop / Seminar was well organised.	(5)	.4	3	2
3.	The information and/or skill presented were relevant and useful.	5	4	3	2
4.	The workshop increased my knowledge and skills.	(5)	4	3	2
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	(4)	3	2
	Overa am satisfied will its session	0	d		2

# **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch \_\_\_\_\_CF \_\_\_\_ Semester\_\_\_\_\_6<sup>th</sup>

1. Workshop / Seminar objectives were stated clearly and meet.  2. The workshop / Seminar was well organised.  5 4 3  5 4 3			se		
Table Author Methyland Controller in Lender And Controller in Lender And Controller Cont	3	4	3	2	1
The workshop / Seminar was well organised.	5	<b>(4)</b>	3	2	1
	5	<b>(3)</b>	3	2	1
4. The workshop increased my knowledge and skills.	5	4	(3)	2	3
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	73	2	
veran, nam sometied with time account	0	11	3		





Date 23/06/22

# **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch \_\_\_\_\_\_ Semester\_\_\_ 6 th

	1) Name <u>Shivam Chaudhary</u> 2) Roll No <u>19</u> Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies	oint ro	ating s	scale t					
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low Av	erage	?				
	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	3			
4.	The workshop increased my knowledge and skills.	5	4	3	2				
5.	The presenter(s) provided adequate time for question and answer them satisfactorily	5	4	_3_	2.				
	iverall. Lam all the with the remon		1	- 1					





Date 23/06/22

#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CE Semester 6th

1) Name <u>finchal</u> 2) Roll No <u>19</u> Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	point r	Estatement. Please  Below Average  Answer's  3 2			
Questions		An	swer	's	
Workshop / Seminar objectives were stated clearly and meet.	(3)	4	3	2	1
2. The workshop / Seminar was well organised.	(5)	4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	<b>(4)</b>	3	2	3
4. The workshop increased my knowledge and skills.	3	4	3	2	
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	

6 Overan amisatistien will his session

R.D. Engineering College Duhai, Gharahad



Date 23/06/2022

Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	h stat	emen		se	
Questions		Ar	swer'	s	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	<b>(a)</b>	3	2	
2. The workshop / Seminar was well organised.	(5)	4	3	2	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	<b>(4)</b>	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	





# **AWARENESS PROGRAM ON CRITICAL THINKING**

3- Excellent 4- Very good 3-ood 2-Average	formation and/or skill presented were relevant and			
Questions		An	swer'	S
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	_5-	4	3	2
2. The workshop / Seminar was well organised.	5	4	3	2
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	A	3	2
4. The workshop increased my knowledge and skills.	-5-	4	3	2
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2



... (meral) - and satisfied with this session.



Date 23/6/12022

## **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CE Semester 6th Date 23/06/2022

1) Name <u>Deeparuhu Verma</u> 2) Roll No Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies		ating	scale		
5= Excellent 4= Very good 3=Good 2=Average	e 1= Be	low A	verag	ie	
Questions		An	swer	's	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	_5_	4	3	2	1
2. The workshop / Seminar was well organised.	5.	4	3	2	1
<ol> <li>The information and/or skill presented were relevant an useful.</li> </ol>	d 5	4	3	2	1
4. The workshop increased my knowledge and skills.	5_	4	3	2	1
The presenter(s) provided adequate time for question a answer them satisfactorily.	and 5	4	3	2	1
overall, i atti missi ed with this in stign.	2	4	3		

## **AWARENESS PROGRAM ON CRITICAL THINKING**

Semester\_\_\_\_*G +h*\_\_\_\_

Date 23/66/22

meet.  2. The workshop / Seminar was well organised.  (5) 4 3 2 1					
Questions	3=Good 2=Average 1= Below Average  Answer's  vere stated clearly and 5 4 3 2 1  organised. 5 4 3 2 1  ented were relevant and				
The state of the s	(5)	4	3	2	
2. The workshop / Seminar was well organised.	(5)	4	3	2	
The information and/or skill presented were relevant and useful.	(3)	4	3	2	
4. The workshop increased my knowledge and skills.	5	(a)	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	<b>(4)</b>	3	2	
er investigated with this session	(3)				

R.D. Engineering College Duhai, Ghaziabad

## **AWARENESS PROGRAM ON CRITICAL THINKING**

P ii	Questions		ating	scale		
		1= Be	low A	verag	e	
	Questions		An	swer'	s	
	Workshop / Seminar objectives were stated clearly and neet.	5	<b>(4)</b>	3	2	
2. T	he workshop / Seminar was well organised.	5	4	3	2	
	he information and/or skill presented were relevant and iseful.	5	4	3	2	
4.	The workshop increased my knowledge and skills.	(3)	4	3	2	
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	<b>(4)</b>	3	2	





# **AWARENESS PROGRAM ON CRITICAL THINKING**

indicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent		ement Flow A			
Questions		An	swer'	s	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	ح5د	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	_5_	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	



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## **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CE Semester 6th Date 23/06/22

1) Name Nitish Bhandway 2) Roll No 20 Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	r disagree with each statement. Please  od 2=Average 1= Below Average  Answer's  sted clearly and 3 4 3 2 1  seed. 6 4 3 2 1  vere relevant and 5 4 3 2 1				
Questions		Ans	swer'	s	
Workshop / Seminar objectives were stated clearly and meet.	(3)	4	3	2	1
2. The workshop / Seminar was well organised.	res were stated clearly and  self organised.  Solution 4 3 2 1  rell organised.  5 4 3 2 1  resented were relevant and  5 4 3 2 1				
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	<b>(4)</b>	swer's 3 2 3 2	1	
The workshop increased my knowledge and skills.	(3)	4	3	2	1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1
Provende nervaerstred with a session.	(3)	) 4			

Director R D. Engineering College Duhai, Ghaziabad



## **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch \_\_\_\_ C E \_\_\_\_ Semester\_\_

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

Director R.D. Engineering College Duhai, Ghazinbad



Date 23/06/2022

# **AWARENESS PROGRAM ON CRITICAL THINKING**

Date 27/06/22

Semester 6 th

1) Name <u>km</u> Vi Please respond to a indicate the extent circle the number t	the following Sto to which you ag hat applies	gree or disc	agree with eac	ooint r h state	ating : ement	scale . Plea	se	
5= Excellent	4= Very good  Questions	3=Good	2=Average	1= Be	olow An	verag swer'		
Workshop / Semir meet.	nar objectives w	ere stated (	clearly and	.5	4	3	2	1
2. The workshop / Se	minar was well o	organised.		5	A	3	2	1
3. The information ar useful.	nd/or skill preser	nted were i	elevant and	5	-4	3	2	
4. The workshop incr	eased my know	ledge and s	kills.	5	4	3	2	
5. The presenter(s) panswer them satisf		ate time for	question and	5	4	. 3	2	

Overall, rath satisfied with this resulting

R.D. Engineering College Duhai, Ghaziabad



Please respond to the following Statements by using the 5 planticate the extent to which you agree or disagree with each circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	h stati		. Pleas	se	
Questions		An	swer's	5	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Seminar was well organised.	(3)	4	3	2	03.90
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5		3	2	
4. The workshop increased my knowledge and skills.	5	0	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	
es ingueran, nami satisfied with this session	(3º			3	





# R.D. Engineering College, Ghaziabad (231) AWARENESS PROGRAM ON CRITICAL THINKING CIVIL ENGINEERING 8th SEM(2021-22)

DATE:23/06/2022

Sno.	Roll No.	Student Name	Signature
1	1823100001	AATIF KHAN	Rus
2	1823100002	ABDUL MUIZZ SHAH	AB
3	1823100003	ABU BAKAR	·AB
41	1823100006	AMAN TYAGI	AN
5+	1823100007	ANUJ	Phyl
6.	1823100008	ARIDAMAN PRATAP SINGH	A. Rossign
7•	1823100009	GOURAV	again.
8*	1823100010	HIMANSHU MANI TRIPATHI	they
9	1823100011	JEYAUR RAHMAN	Julyan
10 *	1823100012	KAILASH KUMAR KAMAT	alaun
11 *	1823100014	MUKUL CHAUDHARY	mukas
12	1823100016	PIYUSH CHAUHAN	new
13'	1823100017	PRAGYA SINGH	Jona gyg
14* .	1823100018	PRINCE TRIPATHI	Prince
15•	1823100019	PRIYANKA	Persyanty
16*	1823100021	RIYA KUMARI	The state of
17*	1823100022	ROHIT SINGH	Thige
18 •	1823100023	SATVANT SINGH	satualt
19	1823100024	SAURAV NARAYAN	Sowie Waces
20	1823100025	SHEIKH TANVEER AHMAD	AB
21	1823100027	SURAJ kumar GAUTAM	- AB
22 '	1823100028	TUSHAR TYAGI	108/11/15
23	1823100030	ZAKIR MUZAFFAR DAR	AB
24'	1902310009001	ANKUSH	(Arbu)
25	1902310009002	ANUJ KUMAR MISHRA	AB Note
26*	1902310009003	BHAWANA	a are an
27*	1902310009004	CHETAN SINGH	1
28-	1902310009005	DEEPAK DWIVEDI	(Vely)
29	1902310009007	KUMAR HARSHIT	18/11
301	1902310009008	NAKUL KUMAR	Newbullense
311	1902310009009	RISHABH PANDEY	Peshinda
32*	1902310009010	RITIK TYAGI	90
33*	1902310009011	RITIK KUMAR	9 (1)
34	1902310009012	SHEKHAR KUMAR	113
35*	1902310009013	SHUBHAM GAUR	Shulshim aug
36*	1902310009015	VISHAL GUPTA	Vistralay





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

## **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch Semester 8th Date  1) Name Tullon Typing 2) Roll No 18  Please respond to the following Statements by using the 5 p indicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	oint r	ating s	cale Plea	to se	
Questions		Ans	wer'	s	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	4	3	2	
2. The workshop / Seminar was well organised.	٤/	4	3	2	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	

Director R.D. Engineering College Duhai, Ghaziabad

the early an interior with this session



## **AWARENESS PROGRAM ON CRITICAL THINKING**

Semester

circle the number that applies  5= Excellent	1= Bel	Below Average						
Questions		An	swer	's				
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	4	3	2				
2. The workshop / Seminar was well organised.	5	4	3	2				
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2				
The workshop increased my knowledge and skills.	5	4	3	2				
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2				

R.D. Engineering College Duhai, Ghazlabad



# **AWARENESS PROGRAM ON CRITICAL THINKING**

5=	Excellent	4= Very good	3=Good 2=Average	1= Be	low A	verag	ie	
		Questions			An	swer	's	
1. Wo		minar objectives	were stated clearly and	5	_4_	3	2	***
2. The	workshop /	Seminar was we	l organised.	_5	4	3	2	
3. The		n and/or skill pres	ented were relevant and	5	4	3	2	
4. The	workshop i	ncreased my kno	wledge and skills.	5	4	3	2	
		s) provided adeq	uate time for question and	_5_	4	3	2	

Director
R.D. Engineering College
Duhai, Ghaziabad



5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	verag	<sub>le</sub>	
	Questions				An	swer	's	
<ol> <li>Workshop / Se meet.</li> </ol>	minar objectives v	were stated	clearly and	5	4	3	2	
2. The workshop /	Seminar was wel	l organised.	·«:	3	<b>/</b> 4	3	2	
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# **AWARENESS PROGRAM ON CRITICAL THINKING**

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2.	The workshop / Seminar was well organised.	5	4	3	2	
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	
4	The workshop increased my knowledge and skills.	5	_4	3	2	
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answer them satisfactorily	_	i i	3		





# **AWARENESS PROGRAM ON CRITICAL THINKING**

Semester 8th Date 23/06/22

92 2) Roll No 1902310009000

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## **AWARENESS PROGRAM ON CRITICAL THINKING**

Semester\_\_\_\_\_\_\_\_\_\_

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R.D. Engineering College

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

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Director R.D. Engineering College Duhai, Ghaziabad



# **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch Semester 8 Date  1) Name Vishal Gupta 2) Roll No!  Please respond to the following Statements by using the 5 prindicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent	oint r	31 v	scale . Plea	to ise	
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<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	35
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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

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<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2
The workshop increased my knowledge and skills.	5	4	3	2
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2

# **AWARENESS PROGRAM ON CRITICAL THINKING**

1) Name Plagya Grad 2) Roll No 1  Please respond to the following Statements by using the 5 prindicate the extent to which you agree or disagree with each circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average		. Plea	ise	
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<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4	3	2	
The workshop increased my knowledge and skills.	5 4	3	2	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4	3	2	

Director College R.D. Engineering College Duhai, Ghaziabad



# **AWARENESS PROGRAM ON CRITICAL THINKING**

2) ROII No 1823 10 0016

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The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2





## AWARENESS PROGRAM ON CRITICAL THINKING

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4.	The workshop increased my knowledge and skills.	5	4	3	2	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	-5	4	3	2	

Director R.D. Engineering College Duhai, Ghaziabad



# **AWARENESS PROGRAM ON CRITICAL THINKING**

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Director R.D. Engineering College

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Duhai, Ghaziabad



#### **AWARENESS PROGRAM ON CRITICAL THINKING**

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

1) Name Avidamon gratap single 2) Roll No 1823100008

Semester\_VIII \_\_\_\_\_ Date\_ 23 6 22

5= Excellent	4= Very good	3=Good	2=4	Average	1= Be	low A	verag	je	
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Duhai, Ghaziabad

#### **AWARENESS PROGRAM ON CRITICAL THINKING**

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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

Branch CE Semester VIII Date 23 6

1) Name Himanulu Tripathi 2) Roll No 18231000

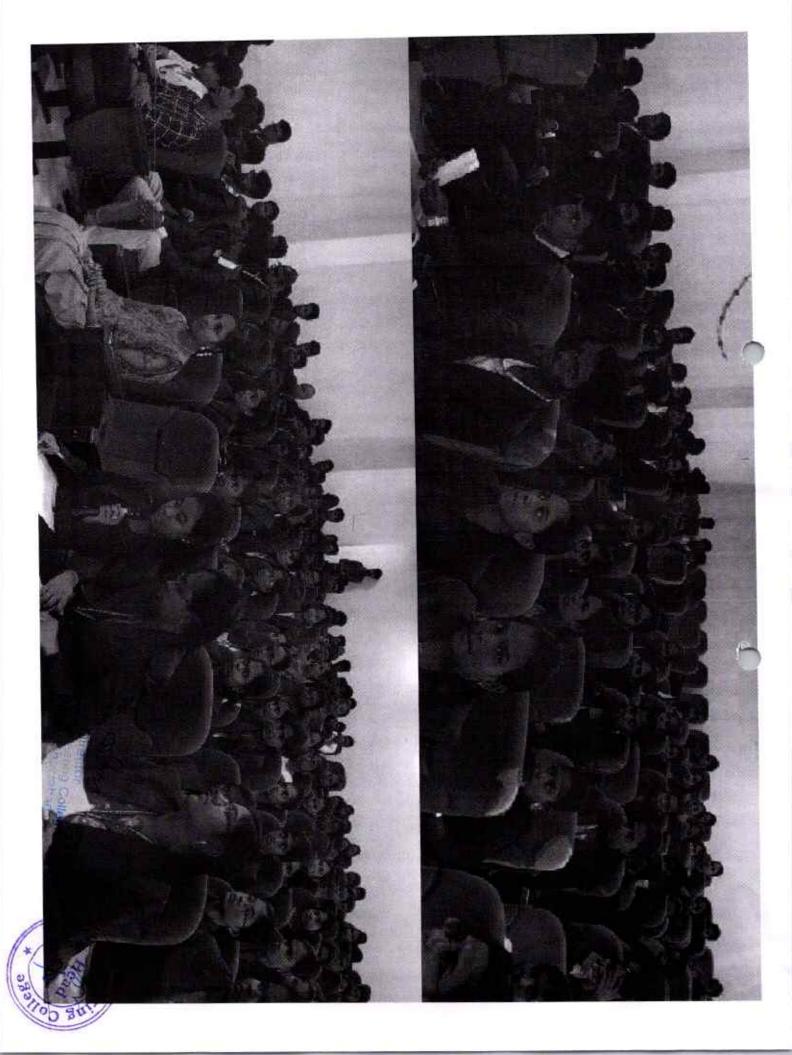
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#### **AWARENESS PROGRAM ON CRITICAL THINKING**

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4. The workshop increased my knowledge and skills.	5 -	4	3	2	
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#### RD ENGINEERING COLLEGE

Session- 2021-2022

Program

# LIFE SKILL

**Topics** 

# YOGA SESSION

Date



21/06/2022



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Invitation on Yoga Session

External inbox x

to vivek.bhardwuj2211@gmail.com • Dr. Gaurav Bansal shodmba@rdec.in>

Dear Mr. Vivek Bhardway

We greatly appreciate your consideration of this invitation and look forward to your positive response 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 21-06-2022 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience

Best regards

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

Head ME

> R.D. Engineering College Duhai, Ghaziabad Director

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re to search Gmail mail.google.com/mail/u/0/#inbox/QgrcJHsHprCNcLtbVkgvKmCrzpkLzKGKMVL gle @ RD ERP or Yoga Session - h Vivek Bhardwaj Regards 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-Dear Sir \$0 me ▼ VIVEK BHARDWAJ • ← Reply Thank you for your support. Θ 5tudent Databank (... → Forward C. ū 0 Q Search in mail Z Thanks for your response. Q NSE - National Sto... 0 Q Rediffmail Our pleasure! E Simeeri, 9 ME Business News Tod... College Kotak Neo R.D. Engineering College Duhai, Ghaziabad 批 Director Active ~ 16°C Smoke Go to Settings to activat Activate Windows 9 5 of 38 ٠ Ш Ť

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#### R.D. ENGINEERING COLLEGE

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

Lucknow

Under the aegis of IQAC

Ref.....

Date-19/06/2022

#### **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 21/06/2022 at 10:00 am in A block seminar hall.

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

Prof. SANJA

(Head& Professor, ME Dept.)

CC:

Director

Registrar

**IQAC** 

Departmental Notice Board

Hostel Notice Board

#### VIVEK BHARDWAI

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

#### **OBIECTIVES**

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

#### **ACADEMICS**

B.Sc. (Zoology Hones)

#### PROFESSIONAL QUALIFICATIONS

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

#### PROFESSIONAL EXPERIENCE

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

Head

#### PERSONAL DETAILS

Date of Birth

22<sup>nd</sup> November 1981

Father's Name

Dr. Kaushal Kumar Bhardwaj

Languages known

English and Hindi

Permanent Address

10/155 Geeta Colony Delhi-110031

Contact Numbers

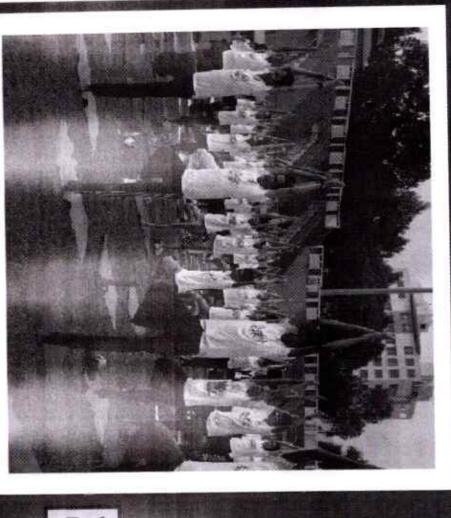
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Affiliated to Dr. APJ AKTU, Lucknow (Formerly know as UPTU) & Approved by AICTE, New Delhi

9th Km. Stone on NH-58 Delhi Meerut Road , Duhai , Ghaziabad-201206 U.P., Contact: 0120-2679301/02/03/04,

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



SESSION ON

YOGA



VENUE: SEMINAR HALL(A-BLOCK)

TIME: 10:00am

Mr. VIVEK BHARDWAJ

DATE: 21/06/2022

#### RD ENGINEERING COLLEGE , GHAZIABAD YOGA SESSION MECHANICAL II YEAR (2021-22)

DATE: 21/6/2022

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30	2102310409018	ROHAN KAUSHIK	Poznak
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#### **DEPARTMENT OF ME**

#### Session 2021-22

#### Report on LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

SPEAKER: Mr. Vivek Bhardwaj

DATE: 21/06/2022

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.

R.D. Engineering College Duhai, Ghaziabad

HOD ME Head O ME SIGNATURE)

**EVENT COORDINATOR** 

(SIGNATURE)

## YOGA SESSION

1) Name ( I divide a CI)	Date <u>21/6/23</u> 20023/0100099 5 point rating scale to each statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



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# YOGA SESSION

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Please respond to the following Statements by using the indicate the extent to which you agree or disagree with excircle the number that applies	5 point rating scale to
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Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



Semester

#### YOGA SESSION

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



# YOGA SESSION

1) Name Devender 2) Roll No 2 Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	noint	3/04	~ ~!				
5= Excellent 4= Very good 3=Good 2=Average	1= B	lelow ,	Averag	ge			
Questions	Answer's						
Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1		
2. The workshop / Session was well organised.	5	4	3	2	1		
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	(5)	4	3	2	1		
4. The session increased my knowledge and skills.	5	<b>4</b> )	3	2	.1		
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4 (	3	2	1		
6. Overall, I am satisfied with this session.	5	4	3	2	1		



## YOGA SESSION

2 (V. 1911) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Date 21/6  22 20023  040000 b 5 point rating scale to ach statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



#### YOGA SESSION

	1) Name	pate_21/6/22 200231040006 5 point rating scale to ach statement. Please							
	circle the number that applies  5= Excellent	1= Below Average							
	Questions	Answer's							
1.	Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1							
2.	The workshop / Session was well organised.	5 4 3 2 1							
3.	The information and/or skill presented were relevant and useful.	5 4 3 2 1							
4.	The session increased my knowledge and skills.	5 4 3 2 1							
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1							
5.	Overall, I am satisfied with this session.	5 4 3 2 1							



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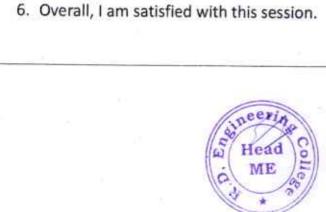
## YOGA SESSION

23.51	Date 21/6/22
Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	5 point rating seels to
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



#### YOGA SESSION

	Please respond to the for indicate the extent to we circle the number that a	nich you agree or o	2) Roll No _	5 noint	3/040		51
	5= Excellent 4= Ve	ry good 3=Good	d 2=Average	1= B	elow Av	erage	
	Qu	estions			Ansı	wer's	
1.	Workshop / Session obj meet.	ectives were stated	d clearly and	5	4	3 2	1
2.	The workshop / Session v	was well organised.		5	4	3) 2	1.
				1648			



answer them satisfactorily.

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

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

4. The session increased my knowledge and skills.

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useful.

R.D. Engineering College Duhai, Ghaziabad

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# YOGA SESSION

Branch	Semes	ster31°		Date 21/6/23
Please respond indicate the ext circle the numb	tent to which you	Statements agree or dis	by using the 5 agree with ea	point rating scale to ach statement. Please
5= Excellent	4= Very good	3=Good	2=Average	1= Below Average
	Questions	1		A

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



# YOGA SESSION

1) Name VIS NO.  Please respond to the following Statements by using the	Date 21/6/23 20023/04000/8
indicate the extent to which you agree or disagree with a circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	each statement. Please
Questions	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	Answer's 5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



#### YOGA SESSION

1) Name Aday sh Patel 2) Roll No 6  Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excitate the number that the state of the number that the state of the state	noint	3/04	1090		W.
circle the number that applies	ich sta	temer	it. Ple	ase	
5= Excellent 4= Very good 3=Good 2=Average	1= B	elow A	Averag	je	
Questions		Ar	nswer	's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4	3	2	1
The information and/or skill presented were relevant and useful.	(5)	4	3	2	1
The session increased my knowledge and skills.	5	4	3	2	1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1
6. Overall, I am satisfied with this session.	5	4 (	3	2	1

Head OH

#### YOGA SESSION

Branch <u>HE</u>	Semester	31d -	Date 21/6/23
1) Name Akhilesh	Kumar	2) Roll No	
Please respond to the followindicate the extent to which circle the number that app	ch you agree	nents by using the or disagree with	5 point rating scale to each statement. Please

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

Questions	Answer's					
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	(4 <sup>7</sup>	) 3	2	577	
2. The workshop / Session was well organised.	(5)	) 4	3	2	1	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	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	
5. Overall, I am satisfied with this session.	5	4	3	2	1	



#### YOGA SESSION

Semester

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



#### YOGA SESSION

5	1) Name Atul Sharma 2) Roll No 2  Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noin	3/01	a scal		25
	5= Excellent 4= Very good 3=Good 2=Average	1= 1	Below	Avera	ge	
_	Questions	T	A	nswer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	.1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



R.D. Engineering College Duhai, Ghaziahad

#### YOGA SESSION

1) Name Charles Please respond indicate the extended circle the number of the circle the number of the circle the number of the	to the following stent to which you	( Statements	2) Roll No 2	noint rat	ing scale to	+
5= Excellent	4= Very good	3=Good	2=Average	1= Belo	w Average	
	Questions				Answer's	
Workshop / Semeet.	ssion objectives w	ere stated c	learly and	5 4	3 2	1
						_

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



#### YOGA SESSION

point rating scale to ch statement. Please
1= Below Average
Answer's
5 4 3 2 1
5 4 3 2 1
5 4 3 2 1
5 4 3 2 1
5 4 3 2 1
5 4 3 2 1



#### YOGA SESSION

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



# YOGA SESSION

309

	Date 21/6/22 21023104090/
Please respond to the following Statements by using the indicate the extent to which you agree or disagree with excircle the number that applies	5 point rating scale to ach statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
The information and/or skill presented were relevant and useful.	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



#### YOGA SESSION

Branch M9  1) Name Ronak	Semester 3"	<u>d</u> -	Date 21/6/22 21023/04090/h
Please respond to the f	ollowing Statements which you agree or di	by using the	e 5 point rating scale to each statement. Please

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

Questions		1	Answei	's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	) 3	2	75.70
2. The workshop / Session was well organised.	5	4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	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
5. Overall, I am satisfied with this session.	5	4	3	2	1



Semester\_\_\_\_2

#### YOGA SESSION

	1) Name Sachin Rumar 2) Roll No	102	3/0	409	219	7			
137	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	noin	t ratin	a scal					
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Averag	ge				
	Questions		Answer's						
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1			
2.	The workshop / Session was well organised.	5	4	3	2	1			
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1			
4.	The session increased my knowledge and skills.	5	4	3	2	1			
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4 (	3	2	1			
6.	Overall, I am satisfied with this session.	5	4	3	2	1			



#### YOGA SESSION

	Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies								
	5= Excellent	4= Very good	3=Good	2=Average	1= E	Below .	Averag	je	
		Questions	K .			A	nswer	's	
1	. Workshop / Ses meet.	ssion objectives w	ere stated o	learly and	5	:4	3	2	1
2.	. The workshop /	Session was well o	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	nted were re	elevant and	5	4	3	2	1
4.	The session incre	ased my knowled	ge and skills		5	4	3	2	1
5.	The presenter(s) answer them sati		te time for o	question and	5	4	3	2	1
6.	Overall, I am satis	fied with this sess	sion.		5	(4)	3	2	1



Director R.D. Engineering College Duhai, Ghaziabad

\_\_\_\_\_ Date\_\_21/6/22 2) Roll No\_\_2/023/0409020

#### YOGA SESSION

S.F.	11.1	noint	3/0409		1
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow Avera	ge	
_	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	<u>(4)</u> 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	<b>4</b> 3	2	1



6. Overall, I am satisfied with this session.

#### YOGA SESSION

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

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#### YOGA SESSION

Please respond to the following Statements by using the indicate the extent to which you agree or disagree with exterior that applies	each statement. Please
Questions 4= Very good 3=Good 2=Average	, include
Workshop / Session objectives were stated clearly and meet.	Answer's 5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
Overall, I am satisfied with this session.	5 4 3 2 1



# YOGA SESSION

	Date 21/6/22 2/023/0409029 5 point rating scale to ach statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
The workshop / Session was well organised.	5 4 3 2 1
The information and/or skill presented were relevant and useful.	5 4 3 2 1
The session increased my knowledge and skills.	5 4 3 2 1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1

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6. Overall, I am satisfied with this session.

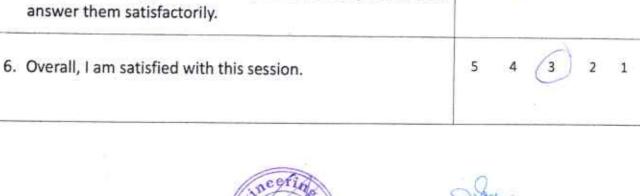
Director R.D. Engineering College Duhai, Ghaziabad

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#### YOGA SESSION

	1) Name Abhishek Dadhyay 2) Roll No Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	e 5 point rating scale to
	5= Excellent 4= Very good 3=Good 2=Averag	e 1= Below Average
	Questions	Answer's
1.	. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2.	. The workshop / Session was well organised.	5 4 3 2 1
3.	The information and/or skill presented were relevant and useful.	5 4 3 2 1



4. The session increased my knowledge and skills.

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

R.D. Engineering College Duhai, Ghaziabad

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#### RD ENGINEERING COLLEGE , GHAZIABAD

#### YOGA SESSION

#### MECHANICAL III YEAR (2021-22)

DATE: 21/6/2022

S.NO	ROLL NO	NAME	SIGNATURE
1	1902310400001	AAQUIB JAVED .	X9st D
2	1902310400002	AFTAB ANSARI .	XV tal
3	1902310400004	BHUPENDER KUMAR	100
4	1902310400005	DEEPAK KUMAR	Deepous
5	1902310400006	DEEPAK KUMAR	AR
6	1902310400007	DEEPAK KUMAR .	Decepate
7	1902310400008	DEEPAK KUMAR	AB
8	1902310400009	GAJENDRA KUMAR .	Cajendes
9	1902310400010	GAURAV KUMAR	AB
10	1902310400011	GAURAV BISHT .	Camar
11	1902310400013	HEMANT KUMAR .	Hunart
12	1902310400014	KAPIL KUMAR	Kabu Kumar
13	1902310400015	KM POOJA YADAV	AB.
14	1902310400016	MANISH SINGH	Hanch Singh
15	1902310400017	NIKHIL KUMAR	4
16	1902310400018	PRATHAM .	Pratham
17	1902310400020	RAHUL	Janul
18	1902310400021	RAHUL KUMAR SHARMA ,	Datul
19	1902310400023	ROHIT KUMAR .	Robint
20	1902310400024	SHIVAM	, PB
21	1902310400025	SHIVAM RATHAUR .	Shivar
22	1902310400026	SHIVAM SHARMA	Sh
23	1902310400027	SONU KUMAR .	Som
24	1902310400029	SUNIL KUMAR .	Sunit
25	1902310400030	VINEET KUMAR .	Uncet
26	1902310400031	VISHAL KUMAR	Vishal
27	1902310400032	VISHAL SHARMA	002
28	1902310400033	VIVEKSHEEL	CV.
29	1902310400034	YASH BHARDWAJ	, AB
30	2002310409001	AASHISH .	Harlingh
31	2002310409003	MD CHAND ALAM	-Cen
32	2002310409005	RAHUL, *	"Rahul_
33	2002310409006	SHIVAM TYAGI .	- Thisau lyes
34	2002310409007	TUSHAR SINGH .	Turke
35	2002310409008	UJJWAL GUPTA	ala-
36	2102310409024		2 ~



Semester

#### YOGA SESSION

Tin

1) Name Augueb Javed  2) Roll No 1/2  Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	point	ratin itemei	aoc g sca nt. Ple	© / le to ease	
Questions	1-6	Below .	nswe		
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	1
4. The session increased my knowledge and skills.	5	4	3	2	1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6. Overall, I am satisfied with this session.	(5)	4	3	2	1



### YOGA SESSION

1) Name Affab Arganic 2) Roll No 1 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	9023	104		2	
5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avera	ge	
Questions		-	Answei	r's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	_5	4	3	2	1
2. The workshop / Session was well organised.	5	_4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	1
4. The session increased my knowledge and skills.	5	4	3	2	1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	_4	3	2	1
6. Overall, I am satisfied with this session.	5	4	-3-	2	1



# YOGA SESSION

	1) Name Decpate Kuman 2) Roll No /	ate				
e	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noint	ratio			
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	elow.	Avera	ge	
	Questions		Α	nswei	'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
5.	Overall, I am satisfied with this session.	5	4	.3_	2	1

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# YOGA SESSION

G	1) Name Despat Kuman 2) Roll No / Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noint	104	0000	7	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avera	ige	
	Questions		Α	nswe	r's	-
1.	Workshop / Session objectives were stated clearly and meet.	-5	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	a.	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

	1) Name <u>Galendra kunas</u> 2) Roll No Mendicate the extent to which you agree or disagree with each circle the number that applies	noint	9 40	0000	9	
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low	Avera	ge	
	Questions		A	nswe	r's	_
1.	Workshop / Session objectives were stated clearly and meet.	5_	4	3	2	1
2.	The workshop / Session was well organised.	5	4_	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 .	.4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



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# YOGA SESSION

	Branch ME Semester 5th	Date_	211	061	22		
	1) Name Gaurau bisth 2) Roll No /	902	3/04	1000	21		
	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies						
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avero	ige		
	Questions		-	Inswe	r's		_
1	. Workshop / Session objectives were stated clearly and meet.	_5_	4	3	2	1	
2.	The workshop / Session was well organised.	5	4	3	2	1	
3.	The information and/or skill presented were relevant and useful.	5	4	_3_	2	1	
4.	The session increased my knowledge and skills.	.5	4	3	2	1	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1	
6.	Overall, I am satisfied with this session.	5	4	3_	2	1	



#### YOGA SESSION

	1) Name Kapil Kuman 2) Roll No	ate	2/10	000	2	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noin	ratio	an our areas	rii Paravere	
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avera	ge	
	Questions		A	nswe	r's	_
1	. Workshop / Session objectives were stated clearly and meet.	_5	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	_5	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



R D. Engineering College Duhai, Ghaziabad

# YOGA SESSION

	Branch Semester Stu	Date	21	06/2	22	
	1) Name Marksh singh 2) Roll No_	- 1960				
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with e circle the number that applies	5 noin	ratio			
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avero	ige	
	Questions		Д	nswe	r's	
1.	Workshop / Session objectives were stated clearly and meet.	5	30	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4.	3	2	1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	3	3	2	1



# YOGA SESSION

	Branch ME Semester 5th  1) Name Pratham 2) Roll No	Date				>
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with ecircle the number that applies	5 point	ratio			
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avero	ige	
_	Questions		A	nswe	r's	
1.	Workshop / Session objectives were stated clearly and meet.	5_	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	.5_	4	3	2	1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



# YOGA SESSION

1) Name Rahulfumar Sharma  2) Roll No/2  Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies  5= Excellent  4= Very good  3=Good  2) Roll No/2  2) Roll No/2	point ich sta	ratin teme		le to ease	
Questions			nswe		
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	1
The session increased my knowledge and skills.	5	4	3	2	1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5_	4	3	2	1
6. Overall, I am satisfied with this session.	5	4_	3	2	1



### YOGA SESSION

1) Name Rohel Kumar 2) Ro Please respond to the following Statements by using indicate the extent to which you agree or disagree was circle the number that applies	Date 21/0 II No <u>19023</u> 1 6 9 If the 5 point rations with each statement	10 m 2	3	
5= Excellent 4= Very good 3=Good 2=Ave	erage 1= Below	Avera	ige	
Questions		Answe	r's	
<ol> <li>Workshop / Session objectives were stated clearly as meet.</li> </ol>	nd <u>5</u> 4	3	2	1
2. The workshop / Session was well organised.	5 4	3	2	1
The information and/or skill presented were relevant useful.	and 5 4	3	2	1
4. The session increased my knowledge and skills.	5 4	3	2	.1
<ol> <li>The presenter(s) provided adequate time for question answer them satisfactorily.</li> </ol>	5 4 and	3	2	1
6. Overall, I am satisfied with this session.	5 4	3	2	1



# YOGA SESSION

	Branch ME Semester 5 PM D  1) Name, Shivam 2) Roll No 1	ate				
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noint			enter Konstant	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	Below	Avera	ge	
-	Questions		Α	nswe	r's	
1	. Workshop / Session objectives were stated clearly and meet.	5	4	2	2	1
2.	. The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	_3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4_	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



#### YOGA SESSION

1) Name	5 noin	3/0 9		25	
5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avera	ige	
Questions		Д	nswe	r's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4	3	2	1
The information and/or skill presented were relevant and useful.	5.	4	3	2	1
The session increased my knowledge and skills.	5	4	3	2	,1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1
6. Overall, I am satisfied with this session.	5	4	3	2	1



# YOGA SESSION

	1) Name Senu Fumar 2) Roll No A	Pate				
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with excircle the number that applies	nalni		N2-19-20-19-19	(i) waterpasses	
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avera	ige	
	Questions		Α	nswe	r's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	.3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	_3	2	.1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



### YOGA SESSION

	1) Name Vincet frama 2) Roll No  Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	point ach sta	ratin reterne	S COLO	e to	
	Questions	1		nswei		
1.	Workshop / Session objectives were stated clearly and meet.	5		3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1

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6. Overall, I am satisfied with this session.



R.D. Engineering College Duhal, Ghaziabad

# YOGA SESSION

Branch ME Semester 5	ate	21/0	6/2	2	
1) Name Whale Kuman  2) Roll No  Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each circle the number that applies	noint	ratio		Limit.	
5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avera	ge	
Questions		Α	nswei	r's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4_	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	1
4. The session increased my knowledge and skills.	5	4	3	2	1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6. Overall, I am satisfied with this session.	5	4	3_	2	1



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6. Overall, I am satisfied with this session.

#### YOGA SESSION

55	1) Name Wishal showna 2) Roll No.  Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	5 noin	3/0	400	03.	
	5= Excellent 4= Very good 3=Good 2=Average	1= [	Below	Avera	ige	
_	Questions		A	nswe	r's	
1.	. Workshop / Session objectives were stated clearly and meet.	5	4	_3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	-5-	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



Director R.D. Engineering College Duhai, Ghaziabad

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ME

### YOGA SESSION

	1) Name Wild Latter I	7	20/0			4	
12	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	noint	ratin		l- 4-		
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow.	Averd	ige		
	Questions		Α	nswe	r's		
1	. Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1	
2.	The workshop / Session was well organised.	5	4_	3	2	1	_
3.	The information and/or skill presented were relevant and useful.	5	4	3_	2	1	
4.	The session increased my knowledge and skills.	5	4	3	2	1	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1	
6.	Overall, I am satisfied with this session	5	4	3	2	1	



#### YOGA SESSION

Branch _	NE	Semester	5th	Date	21/06/22
1) Name	Aashish		2) Ro		23/040900/

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

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

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



### YOGA SESSION

BranchM	Semes	sterS	gr.	Date 2/06/25
1) Name MD	Chand alan	<i>a</i> .		20023/04/9001
Please respond indicate the ex- circle the numb	tent to which you	Statements agree or dis	by using the	5 point rating scale to each statement. Please
5= Excellent	4= Very good	3=Good	2=Average	1= Below Average
	Questions			Answer's

Questions	Answer's					
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	_5_	- 4	3	2		
2. The workshop / Session was well organised.	5	_4	3	2	j	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3.	2	1	
The session increased my knowledge and skills.	5	4	3	2	1	
. The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1	
. Overall, I am satisfied with this session.	5	4	3	2	1	



### YOGA SESSION

Semester

	2) Roll No 2	702	3/01	4690	05	
y2	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noint	ratio			
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avera	ge	
	Questions		Α	nswer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	B	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.	15	4	3	2	1



Semester

#### YOGA SESSION

7,1	1) Name Shiram Tyagi.  2) Roll No 20 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noin	t ratio			06
	5= Excellent 4= Very good 3=Good 2=Average	1= 1	Below	Avera	ge	
	Questions		Α	nswei	r's	73.9
1.	Workshop / Session objectives were stated clearly and meet.	5	A	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.	4. The session increased my knowledge and skills.			3	2	.1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	.4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



### YOGA SESSION

	1) Name Tushar singh 2) Roll No 2	)ate	- 1			
Tr.	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	noint	ratio			
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low	Avera	ge	
	Questions		A	nswei	r's	
1	. Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5_	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	.1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4-	3	2	1
6.	Overall, I am satisfied with this session.	-5	4	3	2	1



#### YOGA SESSION

Branch _	ME	Semester	5 fu	-	Date	2/106/2	2
1) Name	Hemant	Kumas		2) Roll No		3/04000	
maicate	espond to the j	following State which you agree	ments by u	sing the	5 no	int ration	

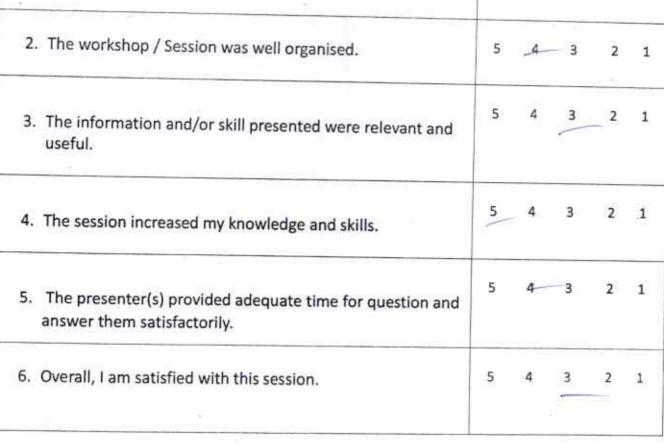
Questions		-	Answe	r's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	
2. The workshop / Session was well organised.	5	-4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	1
4. The session increased my knowledge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



#### YOGA SESSION

1) Name Sund Please respond indicate the ext circle the numb	to the following S	Statements	by using th	e 5 noint	2/06/ 104000 rating sca tement. P	- /	
5= Excellent	4= Very good	3=Good	2=Averag	e 1= B	elow Aver	age	
	Questions				Answe	er's	
Workshop / Ses meet.	ssion objectives w	ere stated c	learly and	5	- <sub>4</sub> 3	2	1
The workshop /	Session was well o	organised.		5	4 3	2	1

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R.D. Engineering College Duhai, Ghazlabad

# RD ENGINEERING COLLEGE , GHAZIABAD YOGA SESSION

#### MECHANICAL IV YEAR (2021-22)

DATE: 21/6/2022

S.NO	ROLL NO	NAME	SIGNATURE
1	1823110081	RAHUL KUMAR .	Lakul
2	1823140001	ADIL ALI +	Rau
3	1823140002	AHMED UMAR USMAN	AB
4	1823140003	AKHIL KUMAR .	AKWII
5	1823140004	AKSHAY UPADHYAY	1
6	1823140005	ALI KHAN .	XIIi
7	1823140006	AMAN .	Doman
8	1823140007	AMAN KUMAR -	AKUMar
9	1823140008	AMARENDRA KUMAR SINGH	
10	1823140009	ANIRUDDH KUSHWAHA	AB
11	1823140011	ANOOP KUMAR SINGH	No.
12	1823140012	ASHAD ULLAH	Ashad
13	1823140013	BHARAT KUMAR *	Rharat Kumar
14	1823140014	BHAVNA *	Phauna
15	1823140015	CHETAN GAUTAM *	Chetan
16	1823140016	GUL MOHAMMAD	AB
17	1823140017	HARSH TYAGI	+10.
18	1823140018	HARSH HATWALIYA	Haun
19	1823140019	HRITIK KUMAR /	DN HK
20	1823140021	KUNAL PAL	Kural
21	1823140022	KUNDAN PRASAD	PB.
22	1823140024	MAYANK KUSHWAHA	, Mayank
23	1823140025	MOHD ANAS	Shore t
24	1823140026	MD USMAN *	Deman
25		MOHIT kumar ,	Mohit Kumar
26	1823140028	MUKESH KUMAR	MB
27	1823140031	NIKHIL RUHELA -	Duhla
28	1823140032	NIRBHAY SINGH .	Nirbhay
29	1823140033	NISHANT SHISHODIA	NISL
30	1823140034	NISHU DHIMAN	AB
31	1823140035	TVI VIDE AND	WHSD.
32		PANKAJ GAUTAM -	Gam
33		PRIYANSH -	Rivany
34	1823140039	PRIYANSHU .	PI
35	1823140040	RAHUL KUMAR	MB
36		RAHUL PRASAD	Palul
37		RAJU KUMAR -	Pajo
38		RAVI KUMAR ,	Davi
39		RISHANK TYAGI +	AAB
40	1823140046		Dobit
41		SACHIN BANSAL	AB
42	1823140048		Sager



43	1823140049	SAGAR .	Sagas
44	1823140050	SAGAR SINGH .	Sagar Lingh
45	1823140051	SANDEEP .	Sandarh
46	1823140052	SANYAM MISHRA .	Sanyamet
47	1823140053	SARVESH KUMAR	- DB
48	1823140054	SATPRAKASH	G, no
49	1823140057	SHIVAM MAITREY	-an
50	1823140058	SHOBHIT KUMAR	Strobles.
51	1823140059	SHUBHAM KUMAR	Clients
52	1823140060	SURAJ KUMAR +	Sinai
53	1823140061	VIJAY PAL *	May Pal
54	1823140062	VIVEK SINGH ,	Vivek
55	1823140063	WILSON RAJ	(202
56	1823140064	YASH SHISHODIA	AR
57	1902310409001	ANKIT PANDEY +	Ankit Pande
58	1902310409002	ANSH TYAGI +	A
59	1902310409003	MASUD ANSARI ,	Mon
60	1902310409004	MUKUL ,	Mukul
61	1902310409005	SHASHANK CHAUHAN	AB
62	1902310409007	VAIBHAV SHARMA -	Vaibhe
63	1902310409008	VISHAL SHARMA	W



# YOGA SESSION

1) Name Rahul Kumar 2) Roll No 1	B23110081	
Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	5 point rating scale to ach statement. Please	
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
Questions	Answer's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2	1
2. The workshop / Session was well organised.	5 4 3 2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1	1
4. The session increased my knowledge and skills.	5 4 3 2 1	Ĺ
5. The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1	
5. Overall, I am satisfied with this session.	5 4 3 2 1	Control of the Contro

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### YOGA SESSION

Semester\_

1) Name Adil XI;

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

2) Roll No 1823140001

### YOGA SESSION

1) Name   PKW   Kumar   2) Roll No 1823140003										
Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies										
5= Excellent 4= Very good 3=Good 2=Average  Questions										
Questions	Answer's	Answer's								
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1									
2. The workshop / Session was well organised.	5 4 3 2 1									
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1									
4. The session increased my knowledge and skills.	5 4 3 2 1									
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1									
6. Overall, I am satisfied with this session.	5 4 3 2 1									



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### YOGA SESSION

	1) Name Ni Khan 2) Roll No 1923/19005  Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies									
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow A	Averag	je					
	Questions		Ar	iswer	's					
1.	Workshop / Session objectives were stated clearly and meet.	5	4	773	2	1				
2.	The workshop / Session was well organised.	5	4	3	2	1				
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1				
4.	The session increased my knowledge and skills.	5	4	3	2	.1				
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4 (	3	2	1				
		~								



6. Overall, I am satisfied with this session.

R.D. Engineering College . Duhai, Ghaziabad

#### YOGA SESSION

1) Name	Date <u>21/06/2022</u> 18-23/140006 5 point rating scale to each statement. Please	
circle the number that applies  5= Excellent		
Questions	Answer's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1	
2. The workshop / Session was well organised.	5 4 3 2 1	
The information and/or skill presented were relevant and useful.	5 4 ③ 2 1	
4. The session increased my knowledge and skills.	5 4 3 2 1	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1	
6. Overall, I am satisfied with this session.	5 4 3 2 1	



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### YOGA SESSION

	Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please									
	circle the numb 5= Excellent	er that applies 4= Very good	3=Good	2=Average			Avera			
		Questions	1			-	Answer	's		
1.	Workshop / Ses meet.	ssion objectives w	ere stated c	learly and	5	4	3	2	1	
2.	The workshop /	Session was well o	organised.		(5)	4	3	2	1	
3.	The information useful.	and/or skill preser	nted were re	elevant and	5	4	3	2	1	
1.	The session incre	eased my knowledg	ge and skills		5	4	3	2	1	
5.	The presenter(s) answer them sati	provided adequat isfactorily.	e time for o	uestion and	5	4	3	2	1	



6. Overall, I am satisfied with this session.

### YOGA SESSION

2) Roll No 1923/400/3						
55	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with excircle the number that applies	5 noint	ratio		e to ease	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avera	ge	
	Questions		Α	nswei	'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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Director R.D. Engineering College Duhai, Ghaziabad

Date 21 06 2022

### YOGA SESSION

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		923140014	
50	Please respond to the following Statements by using the Sindicate the extent to which you agree or disagree with excircle the number that applies  5= Excellent	noint rating seeds to	
	Questions	Answer's	
1.	Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1	
2.	The workshop / Session was well organised.	5 4 3 2 1	96
3,	The information and/or skill presented were relevant and useful.	5 4 3 2 1	
4.	The session increased my knowledge and skills.	5 4 3 2 1	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1	
6.	Overall, I am satisfied with this session.	5 4 3 2 1	



#### YOGA SESSION

	1) Name (hotan (autam 2) Roll No_	Date <u> 원</u> 1명 공공	14	001	5	
	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	5 point ach sta	ratin teme	g scal nt. Ple	e to ease	
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avera	ge	
	Questions		А	nswer	r's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	(5)	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	1
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	(5)	4	3	2	1



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#### YOGA SESSION

Branch \_\_\_\_ME

io.	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	8 23	140	and response		
	z-Average	1= 1	Below	Avera	ge	
	Questions		1	Inswer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	7 з	2	1
2.	The workshop / Session was well organised.	(5)	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	,1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	(5)	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



#### YOGA SESSION

	1) Name Hoitik Kumar 2) Roll No Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	Date 21/06 1823146 5 point ratin each stateme	~ ~ ~ .		
	5= Excellent 4= Very good 3=Good 2=Average	e 1= Below	Averag	ge .	
	Questions	А	nswer	's	
1.	. Workshop / Session objectives were stated clearly and meet.	5 4	3	2	000
2.	The workshop / Session was well organised.	5 4	3	2	1
				-	_

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



Duhai, Ghaziabad

#### YOGA SESSION

Semester\_

	2) Roll No /	CXC	140	121		
	Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	point och sta	ratin Iteme	g sca nt. Pl	le to ease	
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avera	ige	
	Questions		A	nswe	r's	
1.	Workshop / Session objectives were stated clearly and meet.	(5)	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	.1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	(5)	4	3	2	1
6.	Overall, I am satisfied with this session.	5 (	4	3	2	1



# YOGA SESSION

65	Branch ME Semester 7th  1) Name Mohd Ahal 2) Roll No _  Please respond to the following Statements by using the indicate the extent to which you agree or disagree with e circle the number that applies	E noint	140	025		
	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow	Avera	ge	
	Questions			nswer	's	
1	. Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2	. The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	(5)	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 (	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



#### YOGA SESSION

	1) Name MG Semester 7th 2) Roll No 1  Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with excircle the number that applies	623	140	a ccal		
	5= Excellent 4= Very good 3=Good 2=Average	1= £	Below	Averag	ge	
	Questions		A	nswer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	(5)	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	1
5.	The presenter(s) provided adequate time 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

1) Name Mohit Kumar 2) Roll No 1823140027								
Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	5 point rating scale to							
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average							
Questions	Answer's							
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1							
2. The workshop / Session was well organised.	5 4 3 2 1							
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1							
4. The session increased my knowledge and skills.	5 4 3 2 1							
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1							
Overall, I am satisfied with this session.	5 4 (3) 2 1							



#### YOGA SESSION

BranchME	Semester_	7th -	Date 21	106/2022
1) Name Wikhil	Ruhela			140031

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

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

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



### YOGA SESSION

	1) Name DIF Dray orgh 2) Roll No 19 Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with each	point rating scale to ch statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
L	Questions	Answer's	_
	<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1	
	2. The workshop / Session was well organised.	5 4 3 2 1	
	3. The information and/or skill presented were relevant and useful.	5 4 3 2 1	
	4. The session increased my knowledge and skills.	5 4 3 2 1	
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1	
	6. Overall, I am satisfied with this session.	5 4 3 2 1	
			П

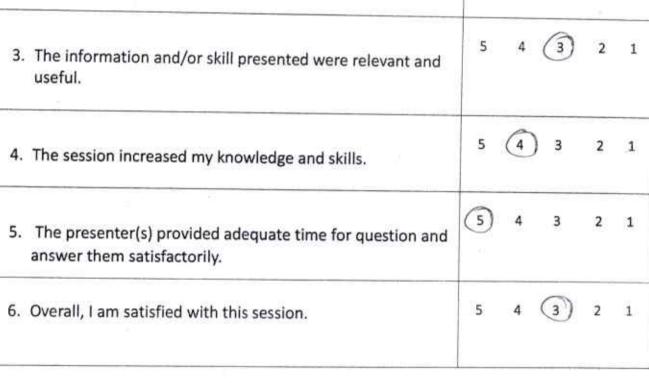


#### YOGA SESSION

1) Name Virish  2) Roll No 1623140035  Please respond to the following Statements by using the 5 point rating scale to indicate the extent to which you agree or disagree with each statement. Please circle the number that applies  5 = Excellent		
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
Questions	Answer's	
	5 4 3 2	1
The workshop / Session was well organised.	5 4 3 2	1
The information and/or skill procented were relevant and	5 4 (3) 2	1

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#### YOGA SESSION

11 Manager 1975 and the second	Date <u>21/06/2022</u> B23/40037 5 point rating scale to ach statement. Please
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



# YOGA SESSION

1) Name Priyansh  2) Roll No Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	Date 21/06/2622 o 1823/40039 ne 5 point rating scale to ne each statement. Please
5= Excellent 4= Very good 3=Good 2=Average	ge 1= Below Average
Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question an answer them satisfactorily.</li> </ol>	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



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# YOGA SESSION

1) Name Priyanshu 2) Roll No_ Please respond to the following Statements by using the indicate the extent to which you agree or disagree with ecircle the number that applies	182	3/40		7	
5= Excellent 4= Very good 3=Good 2=Average	1=	Below	Averag	ge	
Questions		A	nswer	's	-
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4	3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	(5)	4	3	2	1
4. The session increased my knowledge and skills.	5	4	3	2	1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1
6. Overall, I am satisfied with this session.	5	4	(3)	2	1



### YOGA SESSION

ME

		82	te <u>21/06/2022</u> 223/40042 point rating scale to th statement. Please				
	5= Excellent 4= Very good 3=Good 2=Average	1=	Below	Avera	ge		
	Questions		Α	nswer	's		
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1	
2.	The workshop / Session was well organised.	5	4	3	2	1	
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1	
4.	The session increased my knowledge and skills.	5	) 4	3	2	1	
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1	
6.	Overall, I am satisfied with this session.	5	4	3	2	1	



#### YOGA SESSION

Please respond to indicate the exte	Kumar o the following S nt to which you	- Statements	2) Roll No	823 moint	Date 0//06/2022					
5= Excellent	4= Very good	3=Good	2=Average	1= B	elow ,	Avera	ge			
	Questions	V2			A	nswer	's			
Workshop / Sess meet.	ion objectives we	ere stated c	learly and	5	4	3	2	1		
The workshop / Se	ession was well o	rganised.		5	4	3	2	1		
The information ar useful.	nd/or skill preser	nted were r	elevant and	5	4	3	2	1		
The session increas	sed my knowledg	ge and skills		5	4	3	2	1		
The presenter(s) p	rovided adequat	e time for c	question and	5	4 (	3	2	1		

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answer them satisfactorily.

6. Overall, I am satisfied with this session.



Director R.D. Engineering College Duhai, Ghaziabad

2 1

### YOGA SESSION

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



#### YOGA SESSION

Branch 1) Name	ME sem	ester7	2) Roll No _	Date <u>2</u>	1	202	6	
mulcute ti	pond to the following ne extent to which you number that applies	Statements agree or dis	by using the sagree with e	5 point ach sta	ratin teme	g scale	e to ase	
5= Excelle	ent 4= Very good	3=Good	2=Average	1= B	elow	Avera	ge	
	Questions	77.			Α	nswer	's	
<ol> <li>Workshop meet.</li> </ol>	/ Session objectives (	were stated o	learly and	.5	4	3	2	1
2. The worksh	nop / Session was well	organised.		(5)	4	3	2	1
The information useful.	ation and/or skill pres	ented were r	elevant and	5	4	3	2	1
4. The session	increased my knowle	dge and skills		5	4	3	2	1
	ter(s) provided adequates to a satisfactorily.	ate time for o	question and	5	4	3	2	1
6. Overall, I am	satisfied with this se	ssion.		5	4 (	3	2	1



#### YOGA SESSION

1) Name Sachin Bansal 2) Roll No 1				<u>21/06/2622</u> 23/40047			
Please respond to the followindicate the extent to which circle the number that app	in you agree or disc	y using the agree with e	5 poin ach sta	t ratin iteme	g scale	e to ase	
5= Excellent 4= Very	good 3=Good	2=Average	1= E	Below	Avera	ge	
Quest	tions			Α	nswer	's	
<ol> <li>Workshop / Session object meet.</li> </ol>	tives were stated cl	early and	5	4	) 3	2	1
2. The workshop / Session was	s well organised.		5	4	3	2	1
<ol> <li>The information and/or skill useful.</li> </ol>	presented were re	levant and	5	) 4	3	2	1
4. The session increased my kn	owledge and skills.		5	4	3	2	1
<ol> <li>The presenter(s) provided as answer them satisfactorily.</li> </ol>	dequate time for qu	uestion and	5	4	3	2	1
6. Overall, I am satisfied with th	nis session.		5	4	(3)	2	1



### YOGA SESSION

	1) Name Saga Semester 7th -	1923140048
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	e 5 point rating scale to each statement. Please
L	Questions	Answer's
	Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
	2. The workshop / Session was well organised.	5 4 3 2 1
	<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
	4. The session increased my knowledge and skills.	5 4 3 2 1
	<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 <u>3</u> 2 1
	6. Overall, I am satisfied with this session.	5 4 3 2 1



#### YOGA SESSION

A V KI BOOK OF THE COURT OF THE	823140049
Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	noint seties l
5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
Questions	Answer's
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1
6. Overall, I am satisfied with this session.	5 4 3 2 1



### YOGA SESSION

1) Name ( Cook E Cook	each statement. Please	
Questions	Answer's	
Workshop / Session objectives were stated clearly and meet.	. 6	1
2. The workshop / Session was well organised.	5 4 3 2 1	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1	80
4. The session increased my knowledge and skills.	5 4 3 2 1	
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5 4 3 2 1	
6. Overall, I am satisfied with this session.	5 4 3 2 1	



### YOGA SESSION

Semester

	2) Roll No	823140051					
	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with circle the number that applies	5 point rating scale to each statement. Please					
	5= Excellent 4= Very good 3=Good 2=Average	e 1= Below Average					
	Questions	Answer's					
1.	. Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1					
2.	. The workshop / Session was well organised.	5 4 3 2 1					
3.	The information and/or skill presented were relevant and useful.	5 4 3 2 1					
4.	The session increased my knowledge and skills.	5 4 3 2 1					
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1					
5.	Overall, I am satisfied with this session.	5 4 3 2 1					



Director R.D. Engineering College Duhai, Ghaziabad

Date\_21/06/2022

# YOGA SESSION

300	iteme	g sca nt. Pl	le to ease		
1= B	Below	Averd	ige		
	Α	nswe	r's		
5	4	3	2	1	
5	4	3	2	1	
5	4	3	2	1	
5	4	3	2	,1	
5	4	3	2	1	
5	4	3	2	1	
	5 5	<ul><li>5</li><li>4</li><li>5</li><li>4</li><li>5</li><li>4</li></ul>	5 4 3 5 4 3 5 4 3	5 4 3 2 5 4 3 2 5 4 3 2	5 4 3 2 1 5 4 3 2 1 5 4 3 2 1

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### YOGA SESSION

81	Please respond to the following Statements by using the 5	noint	ratio	~ ~~~!	a to	
	indicate the extent to which you agree or disagree with ea circle the number that applies	ch sta	itemei	nt. Ple	ase	
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below .	Averag	ge	
	Questions		Α	nswer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	(5)	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



### YOGA SESSION

Semester

1) Name

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





#### YOGA SESSION

1) Name Vive Singh 2) Roll No Please respond to the following Statements by using the Sindicate the extent to which you agree or disagree with excircle the number that applies  5= Excellent 4= Very good 3=Good 2=Average	93 point ach sta	ratin teme	o seel	e to ase	
Questions		A	nswer	's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5	4	3	2	1
2. The workshop / Session was well organised.	5	4	) 3	2	1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	1
4. The session increased my knowledge and skills.	(5)	4	3	2	1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1
6. Overall, I am satisfied with this session.	5	4	3	2	1





# YOGA SESSION

1) Name That Yandey 2) Roll No_ Please respond to the following Statements by using the	19023104090001
5- Evcollant 4 1/	1= Below Average
Questions	Answer's
Workshop / Session objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Session was well organised.	5 4 3 2 1
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1
4. The session increased my knowledge and skills.	5 4 3 2 1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	pond to the following Statements by using the 5 point rating scale to the extent to which you agree or disagree with each statement. Please number that applies  Part 4= Very good 3=Good 2=Average 1= Below Average  Questions Answer's  Answer's  Assign objectives were stated clearly and 5 4 3 2 1  Answer station and/or skill presented were relevant and 5 4 3 2 1  Answer's 5 4 3 2 1  Answer's 5 4 3 2 1  Answer's 6 5 4 3 2 1  Answer's 7 5 6 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6
6. Overall, I am satisfied with this session.	5 4 3 2 1



ME

### YOGA SESSION

1) Name Anch (yagi 2) Roll No Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies	Poate 21/06/22 1023/0409062 5 point rating scale to ach statement. Please	
7-cry good 3-good 2=Average	1= Below Average	
Questions	Answer's	
<ol> <li>Workshop / Session objectives were stated clearly and meet.</li> </ol>	5 4 3 2 1	L
2. The workshop / Session was well organised.	5 4 3 2 1	3
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5 4 3 2 1	
The session increased my knowledge and skills.	5 4 3 2 1	
The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 ③ 2 1	
6. Overall, I am satisfied with this session.	5 4 3 2 1	



### YOGA SESSION

	1) Name Mausa Anhari 2) Roll No_		3/0	4090		3
53	Please respond to the following Statements by using the indicate the extent to which you agree or disagree with e circle the number that applies	5 point ach sta	ratin iteme	g scal ent. Ple	e to ase	
6	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below	Avera	ge	
	Questions		A	nswer	's	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	5	(a)	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	(5)	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4 (	3	2	1



#### YOGA SESSION

	1) Name YUKU 2) Roll No / Please respond to the following Statements by using the sindicate the extent to which you agree or disagree with excircle the number that applies	5 noins	3/0	a scale		4
	5= Excellent 4= Very good 3=Good 2=Average	1= E	Below .	Averag	je	
	Questions		Α	nswer	s	
1.	Workshop / Session objectives were stated clearly and meet.	5	4	3	2	1
2.	The workshop / Session was well organised.	5	4)	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The session increased my knowledge and skills.	5	4	3	2	.1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4 (	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1



# YOGA SESSION

1) t Ple ind	Iame <u>Jaibhav Charma</u> 2) Roll No ase respond to the following Statements by using the licate the extent to which you agree or disagree with the the number that applies	Date 21/6/22 19023/0409007 5 point rating scale to each statement. Please
5=	Excellent 4= Very good 3=Good 2=Average	e 1= Below Average
	Questions	Answer's
1. We mee	orkshop / Session objectives were stated clearly and et.	5 4 (3) 2 1
2. The	workshop / Session was well organised.	5 4 3 2 1
3. The usef	information and/or skill presented were relevant and ul.	5 4 3 2 1
4. The	session increased my knowledge and skills.	5 4 3 2 1
	presenter(s) provided adequate time for question and er them satisfactorily.	5 4 3 2 1
6. Over	all, I am satisfied with this session.	5 4 3 2 1



### YOGA SESSION

	1) Name Vishal Sharma 2) Roll No 1	ate 21/06/22 90231040900 8	
	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with ea circle the number that applies	point rating scale to ch statement. Please	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average	
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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	
	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4 3 2 1	
	Overall Lam satisfied with this session	5 4 3 2 1	

3.

4.

5.



# RD ENGINEERING COLLEGE NAAC CRITERIA - 5.1.2

(Capacity building and skills Initatives)

Session- 2021-22
Program
1. <u>TC1</u>
Topics
2. <u>Yoga</u>
Date
06/2022



#### InvitationforSeminar

3messages

hodmca<hod\_mca@rdec.in>

Sat,June11,2022at9:11AMTo:"

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.

Hopingforyourfavorableresponse

aboutthematter. Thankyou verymuch.

Vivek Bhardwaj<vivekbhardwajyogsaadhak@gmail.com> 3:57PMTo:hod mca<hod\_mca@rdec.in>

Mon, June 13, 2022 at

DearSir,

Thanksforyourinvitation.

I will be available for the seminar on June 21, 2022 . Kindly manage accordingly.

Thanksandregards

Vivek Bhardwaj [Quotedtexthidden] dheerin Head

# Vivek Bhardwaj vivekbhardwajyogsaadhak@gmail.com

#### RESOURCE PERSON PROFILE

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

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

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

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

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



Director College R.D. Engineering Chaziabad Duhai Chaziabad



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

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

#### **Notice**

This is hereby informed to all the students of IT that R.D Engineering College is celebrating a **International Yoga Day** on 21<sup>st</sup> June 2022 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Ms. Shweta Sharma. Contact her for any further queries or difficulties.

Prof. Hemant Bhardwaj

(Head, B.Tech IT)

CC:

Director

Registrar

**IQAC** 

Departmental Notice Board

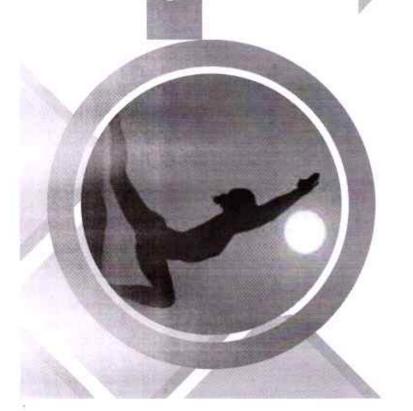
Hostel Notice Board

Director College





# YOGA With:VIVEK BHARDWAJ



# Department Of IT

#### Session 2021-22

# Report of Yoga Conducted For B. Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwaj

Date: - 21/06/2022

Time: - 07:00 AM

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 (TT)

EVENT COORDINATOR (SIGNATURE)

# ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 21 Jun 2022

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	2102310130002 AJ	AY KUMAR	2ND Year	IT.	Ajoy.
2	2102310130004 AM	NJALI YADAV	2ND Year	IT	Brijalit
3	2102310130005 A	NSH JINDAL	2ND Year	IT	Aush
4	2102310130007 A	RYAN TYAGI	2ND Year-	IT -	Royan
5	2102310130008 A	YUSHI KUMARI	2ND Year	IT	Ayushi
6	2102310130009 BI	HUVNESHWAR	2ND Year	IT	B huneshu
7	2102310130011 D	EEPAK	2ND Year	IT -	(AB)
8	2102310130012 D	EEPANSHU TYAGI	2ND Year	IT	Declarish
9	2102310130013 G	ARV SINGHAL	2ND Year	IT	Carri
10	2102310130014 H	IIMANSHU SHARMA	2ND Year.	IT	(H)
11	2102310130015 K	ARAN	2ND Year	IT	Raven
12	2102310130016 K	CHUSHI GARG	2ND Year	IT	Khudui
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18	2102310130025	RISHABH GAUTAM	2ND Year	IT	Rishabl
19	2102310130026	RITIKA TYAGI	2ND Year	IT	Ridik
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20	2102310130029	SAMEER KHAN	2ND Year	IT	(AB)
	2102310130030	SANJEEV KUMAR	2ND Year	IT	Sanger
22	2102310130031	SAURABH KUMAR SHARMA	2ND Year	IT	Saysoth
23	2102310130032	SHIVA KASHYAP	2ND Year	IT	Shil
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29	2102310130040		2ND Year	_	Synai
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33	2102310130044 2102310130046	VANSH SHARMA	2ND Yea	-	Varstur
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Director R D Engineering College Ghaziabad

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41	2002310130005	AVISH TYAGI	3RD Year	IT	Avish
42	2002310130006	KAPIL KUMAR	3RD Year	IT	Kaphe
43	2002310130007		3RD Year	IT	(BB)
44	2002310130008		3RD Year	IT	Rabbeer
45		SAMBHAWI RAJ NANDINI	3RD Year	IT	De u
46	2002310130010	SAURAV KUMAR	3RD Year	IT	Savian
47	2102310139002		3RD Year	IT	Kalishan
48	2102310139003		3RD Year	IT	Sachdin
49	2102310139004	UTKARSH SINGH	3RD Year	IT	(AB)



## Yoga Exercise

Branch _	77	Semester	3th	_ Date_	21	06/22
Please re	espond to the fo	ollowing Stater	nents to indic	ate the ex	tent	to which you

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

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

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#### Yoga Exercise

Branch	II	Semester_ 3th	_ Date_ 21 06 22
Please re	espond to the	following Statements to indi	rate the extent to which you

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

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

R.D. Engineering College Duhar Commissioned

#### Yoga Exercise

Branch	Semester_	I	Date_	21/06/22
Please respor	nd to the following State	ments to ina	licate the ex	tent to which you

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

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



# Yoga Exercise

Branch _	T	Semester	3th Sem	Date	2106/22
Please r	espond to the	following State	ments to indicar	te the ev	tent to which you
aaree o			AND THE PARTY OF T	C CITC CX	tent to which you

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

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



geerin

Head

## Yoga Exercise

Branch	IT	Semester	311	Date	21	06	22
Please res	nond to the fo	Mouring Chata-		3 300			

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

S.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness			12	
2	The breathing exercises I learned to calm me were effective.	•	/		
3	I will use these breathing exercises to help me in my daily life.	V	80	008	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		V	1	
5	I will use these meditation techniques im my daily life.	~	8		
6	I will use these yoga postures and stretching exercises in my daily life.	SI Ver	V	-	
7	In general what I have learned in this class will be helpful in my everyday life.	V	£: 60		
8	I would recommend this yoga class to other.make circle one:	1/4	ES	NO	

#### Yoga Exercise

Branch _	IT	Semester Total	Date 2)	06/22
Please r	espond to the	following Statements to ind	icata the extent	to which we

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

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.	11 11 1721			7. <u>11</u> , 11.32
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		/		
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		~		
7	In general what I have learned in this class will be helpful in my everyday life.				li pi
8	I would recommend this yoga class to other.make circle one:	N	ES	NO	



#### Yoga Exercise

Branch	TT	Semester	5 1	Date	21/06/22
Please re	spond to the f	ollowing State	ments to in	dicate the exte	ent to which you

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

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

Director R.D. Engineering College Duhai, Ghazlabad Head

#### Yoga Exercise

Branch	IT	Semester	5 #	Date	21/06/22
Diense re	snand to the fo	ollowina Staten	nents to inc	dicate the ext	tent to which you

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

i.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	~			
2	The breathing exercises I learned to calm me were effective.		/		
3	I will use these breathing exercises to help me in my daily life.	/			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		/		
5	I will use these meditation techniques im my daily life.	~			,17
6	I will use these yoga postures and stretching exercises in my daily life.		/		
7	In general what I have learned in this class will be helpful in my everyday life.	1	+		
8	I would recommend this yoga class to	1	YES	NO	)

#### Yoga Exercise

Branch _	TT	Semester 5	Date	21/06/28
21		full - in - Statements to ind	instatha aut	tant to which you

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

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

#### Yoga Exercise

Branch	TI	Semester_5	Date	51/06/55
Please re	spond to the f	ollowing Statements to i	indicate the ext	tent to which you

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

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

#### Yoga Exercise

	T		-th		1	HEES.	1-1
Branch	1	Semester	5	Date	21	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
1	The activities in the yoga class left me with an overall feeling of wellness	~	a.		
2	The breathing exercises I learned to calm me were effective.	A.	~		
3	I will use these breathing exercises to help me in my daily life.	1	3		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		~		
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.		1		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	1	ES	NO	

Director College Head S

#### Yoga Exercise

Branch	JT	Semester	5#	Date_	21	00/22
Please re	spond to the f	ollowing State	ements to	indicate the ex	tent to	which you

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

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



#### Yoga Exercise

Branch	Semester_ 5	Date 2106 22
DI	following Statements to inc	licate the extent to which you

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

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

#### Yoga Exercise

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Branch	工工	Semester 5	Date2 \	106/22
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Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	~			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.		~		12
7	In general what I have learned in this class will		1		
8	I would recommend this yoga class to other.make circle one:	/	YES .	No	

#### Yoga Exercise

Branch	TT	Semester_5 th	Date	21/06/22
Please re	snond to the i	followina Statements to i	ndicate the exte	ent to which you

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

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

#### Yoga Exercise

Branch	Semester	5th	Date	2/06/22
Please respond to the fol	lowing State	ments to ind	icate the ext	ent to which you

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

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

#### Yoga Exercise

Branch	TI	Semester	5th	Date_21/06/22
Please re.	spond to the fo	ollowing Staten	nents to indi	cate the extent to which you

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

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

#### Yoga Exercise

Branch	TT_	Semester_	5 4	Date	21/06/22
Please re	spond to the fol	lowing State	ements to inc	licate the ext	ent to which you

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

S.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	/			
2	The breathing exercises I learned to calm me were effective.		/		E. 4
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.		1		= 11.7
6	I will use these yoga postures and stretching exercises in my daily life.		1		
7	In general what I have learned in this class will be helpful in my everyday life.	/		sē4.	
8	I would recommend this yoga class to other.make circle one:	X	ES	NO	



#### Yoga Exercise

Branch	IT	Semester 5th	Date	21/06/22
Please re	spond to the f	ollowing Statements to inc	dicate the out	ant to which

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

S.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	1			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	1	11.		
6	I will use these yoga postures and stretching exercises in my daily life.		1		
7	In general what I have learned in this class will be helpful in my everyday life.	V			
8	I would recommend this yoga class to other.make circle one:	<b>✓</b>	ES.	NO	



#### Yoga Exercise

Branch	TT	Semester	2 gr	Date	21	06	22
Please res	spond to the f	ollowing State	ments to ind	licate the ext	ent t	o wł	nich vou

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

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

# RD ENGINEERING COLLEGE NAAC CRITERIA - 5.1.2

(Capacity building and skills Initatives)

Session 2021 22
Program
1
Topics
2. Yoga
Date
21/ June/2022



# Vivek Bhardwaj vivekbhardwajyogsaadhak@gmail.com

#### RESOURCE PERSON PROFILE

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

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

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

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

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





#### InvitationforSeminar

3messages

hodmca<hod\_mca@rdec.in>

Sat, June 11, 2022 at 9:11 AMTo:"

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.

Hopingforyourfavorableresponse

aboutthematter. Thankyou verymuch.

Vivek Bhardwaj<vivekbhardwajyogsaadhak@gmail.com> 3:57PMTo:hod mca<hod\_mca@rdec.in> Mon.June13,2022at

DearSir,

Thanksforyourinvitation.

Thanksandregards

I will be available for the seminar on June 21, 2022 . Kindly manage accordingly.

147

Vivek Bhardwaj Quotedtextbidde

haziav

Head



#### 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 21<sup>st</sup> June 2022 at 7:00 am. Interested students are requested to attend program and benefit from the same.

Faculty coordinator for above program is Ms. Shweta Sharma. Contact her for any further queries or difficulties.

Dr. Jaideep Kumar

(Head, B.Tech CSE)

CC:

Director

Registrar

**IQAC** 

Departmental Notice Board

Hostel Notice Board

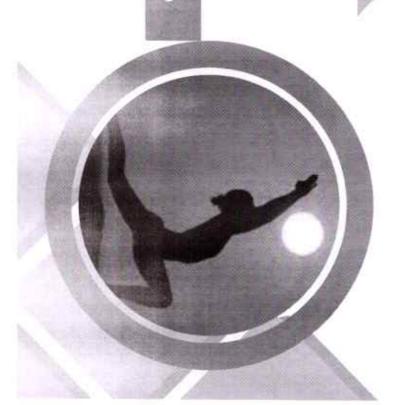
Gradineering CSE







# YOGA With:VIVEK BHARDWAJ



#### YOGA SESSION

2) Roll No 21023102 000 UC

Semester

Branch \_ MRA

		Please respond indicate the ext circle the numb	to the following S ent to which you o er that applies	tatements i agree or dis	by using the 5 agree with eac	point i ch stat	rating emen	scale t. Ple	to ase	
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	verag	ge	
0			Questions				An	swer	's	
	1.	Workshop / Se meet.	minar objectives w	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were i	relevant and	(3)	4	3	2	1
	4.	The workshop in	ncreased my knowl	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s	) provided adequa tisfactorily.	ite time for	question and	5	4	3	2	1
F	6.	Overall, I am sat	isfied with this ses	sion.	Sou	5	4	3	2	1
				R.I	Director D. Engineering Conduction Duhai, Ghaziah	ollege	l'en	neer	ing	1

#### YOGA SESSION

Date\_\_21 06 2022

2) Roll No 2 10 2 3/07 000 (17

Branch \_ MBA

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	le	
)—		Questions				Ar	nswer'	s	
1.	. Workshop / Se meet.	minar objectives v	vere stated	clearly and	5	4	3	2	
2.	The workshop /	Seminar was well	organised.		5	4	(3)	2	
3.	The information useful.	and/or skill prese	nted were r	elevant and	5	4	3	2	
4.	The workshop increased my knowledge and skills.					4	3	2	1
5.	The presenter(s	) provided adequa isfactorily.	te time for	question and	5	4	3	2	1
6.	Overall, I am sati	sfied with this ses	sion.		5	(4)	3	2	

#### YOGA SESSION

2) Roll No 2/023/0 7000 5

		Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	tatements l agree or dis	by using the 5 agree with ea	point ch stat	rating ement	scale t. Plea	to	
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	verag	e	
			Questions				An	swer'	s	
	1.	Workshop / Semeet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
1	3.	The information useful.	and/or skill prese	nted were r	relevant and	5	4	3	2	1
	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s	) provided adequa	ite time for	question and	(5)	4	3	2	1
	6.	Overall, I am sati	sfied with this ses		Director	5	4	3	2	1
				R.D. Eng Duha	gineering College					

## YOGA SESSION

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

Semester\_

5= Excellent 4= Very good 3=Good 2=Average	1= E	Below I	Averag	7e			
Questions	Answer's						
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	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		
The workshop increased my knowledge and skills.	5	4	3	2	1		
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1		
6. Overall, I am satisfied with this session.	5	4	3	2	1		

		gineering College, Gha: Yoga Session	
		MBA-II YEAR (2021-22)	
		MDA-11 1 EAR (2021-22)	Date 31/05/2022
S.No.	Roll No.	Student's Name	Date-21/06/2022 Signature
1	2002310700001		Signature
2	2002310700002	11.7.7.7.7.7.7	ALL III F
3		AKHILESH KUMAR SINGH	Ahrishek
4		ANJALI SHARMA	Al co
5	2002310700005		Thains
6		GAURAV MUNDE	STOY
7	2002310700007		The base
8	2002310700008	5.025.00.00.00.00.00.00.00.00.00.00.00.00.00	Hena
9	2002310700009	KAJAL	Raval
10		KESHAV SHARMA	AR
11	2002310700011	KM SHIVANI	Livani
12	2002310700012	KM VERSHA	- Carolina
13	2002310700013	KOMAL RANI	2 Ron
14	2002310700014	KUNWAR JUNAID AHMAD	AR
15	2002310700015	MANSI GUPTA	Mensi
16	2002310700016	MANYA TYAGI	- Acar
17	2002310700017	MEENU RANI	-AR
18	2002310700018	MOH SAZID	Sound
19	2002310700019	NEHA SHARMA	thoung.
20	2002310700020	PANKAJ PANDEY	AR
21	2002310700021	PAWAN	Pawer
22	2002310700022	PRIYA SINGH	Pirch
23	2002310700024	PRIYANSHI SHARMA	Tuyanm
24	2002310700025	RAHUL GUPTA	Pald
25	2002310700026	RAHUL TYAGI	AR.
26	2002310700027	RASHI TYAGI	Ototyge
27	2002310700029	RAVI ARORA	Wadhi'd
28	2002310700030	ROHIT KUMAR GUPTA	Talist
29	2002310700031	SANJANA SINGH	- ING
30	2002310700032	SHIVAM TYAGI	ARO
31	2002310700033	SHIVANI	Suren
_		SHIVANI SHARMA	Colo-
		SHIVANI TOMAR -	Quenn
	2002310700036		Somen.
		SHIVANSH AGGARWAL	AB
		SHIWANGINI SINGH	HI3
		SHUBHAM TYAGI	Alvali
	2002310700040		- BURUL
_		SUMIT KUMAR _	Soum't
_		TANISHK BANSAL	Bornsel
41	2002310700043	TANNU PRIYA	- 113

Director R.D. Engineering College Duhai, Gharishad



42	2002310700044	UJJAWAL TYAGI	+ Magi
43	2002310700045	VAISHALI TYAGI	- AB
44	2002310700046	VAISHNAVI SHARMA	It some
45	2002310700047	VIPIN KASHYAP	AD
46	2002310700048	VISHNU SHARMA	Ma alims



Director College R.D. Engineering College Duhai, Ghazlabad

#### YOGA SESSION

1) Name \_ Agshi

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

#### YOGA SESSION

Branch \_\_MBA \_\_\_\_ Semester\_3

	Please respond to the following Statements by using the 5 indicate the extent to which you agree or disagree with eacircle the number that applies					rating emen	scale t. Ple	e to ase	
	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Avera	ge	
		Questions				ıΑ	nswer	's	
1.	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well		5	4	3	2	1	
3,	The information useful.	e information and/or skill presented were relevant and eful.					3	2	1
4.	The workshop in	kills.	(5)	4	3	2	1		
5.	The presenter(s answer them sat	) provided adequatisfactorily.	ate time for	question and	5	4 (	3	2	1
6.	Overall, I am sati	isfied with this ses	ssion.	0	5	4	3	2	1

#### YOGA SESSION

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	Averag	е		
		Questions			Answer's					
1.	. Workshop / Se meet.	Workshop / Seminar objectives were stated clearly and neet.						2	1	
2.	The workshop /	e workshop / Seminar was well organised.					3	2	1	
3.	The information and/or skill presented were relevant and useful.					4	3	2	1	
4.	The workshop in	The workshop increased my knowledge and skills.					3	2	1	
5.	The presenter(s answer them sat	) provided adequalisfactorily.	ate time for	question and	5	4	3	2	1	
6.	Overall, I am sati	sfied with this ses	sion.		(5)	4	3	2	1	

## YOGA SESSION

2) Roll No 20023/07 00007

5= Excellent 4= Very good 3=Good 2=Average	2 1= B	elow A	Averag	е	
Questions		A	nswer'	S	
<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	5	4	3	2	
2. The workshop / Seminar was well organised.	5	4	3	2	
<ol> <li>The information and/or skill presented were relevant and useful.</li> </ol>	5	4	3	2	
4. The workshop increased my knowledge and skills.	5	4	3	2	
<ol> <li>The presenter(s) provided adequate time for question an answer them satisfactorily.</li> </ol>	5 d	4	3	2	
6. Overall, I am satisfied with this session.	5	4	3	2	

#### YOGA SESSION

2) Roll No 20023/07 00009

Semester\_\_\_\_\_\_

Branch

1) Name \_\_

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow ,	Averag	е	
	Questions					Α	nswer'	s	
1.	Workshop / Se meet.	Workshop / Seminar objectives were stated clearly and neet.						2	
2.	The workshop /	Seminar was well		(5)	4	3	2		
3.	The information useful.	he information and/or skill presented were relevant and seful.						2	
4.	The workshop in	ncre <b>ased my</b> know	vledge and s	kills.	5	4	3	2	
5.	The presenter(s	) provided adequations of the contraction of the co	ate time for	question and	5	4	3	2	
	Overall, I am sat	isfi <b>ed with thi</b> s se	ssion.		5	4	3	2	3

#### YOGA SESSION

1) Name Shivani

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

#### YOGA SESSION

5= Excellent 4= Very good 3=Good 2=A	Average 1= Below Average	
Questions	Answer's	
<ol> <li>Workshop / Seminar objectives were stated clear meet.</li> </ol>	ly and 5 4 3 2	
2. The workshop / Seminar was well organised.	5 4 3 2	
<ol> <li>The information and/or skill presented were relevant useful.</li> </ol>	ont and :	
4. The workshop increased my knowledge and skills.	5 4 3 2	
<ol> <li>The presenter(s) provided adequate time for quest answer them satisfactorily.</li> </ol>	5 4 3 2	2000
5. Overall, I am satisfied with this session.	5 4 3 2	9

#### YOGA SESSION

2) Roll No \_ 2002310700015

Semester

Branch \_\_MBA

		Please respond indicate the ext circle the number	to the following S ent to which you o er that applies	point i ch state	atin eme	g scale nt. Pled	to ase						
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	ie				
9		Questions					Answer's						
	1.	Workshop / Ser meet.	minar objectives w	vere stated	clearly and	5	4	3	2	1			
	2.	The workshop /	Seminar was well		5	4	3	2	1				
	3.	The information and/or skill presented were relevant and useful.					4	3	2	1			
	4.	The workshop increased my knowledge and skills.					4	3	2	1			
	5.	The presenter(s) answer them sat	) provided adequa isfactorily.	te time for	question and	5	4	3	2	1			
	6.	Overall, I am sati	sfied with this ses	sion.	0	5	4	3	2	1			

#### YOGA SESSION

2) Roll No 200/3/07 000/8

Semester 2 V

Branch \_\_\_\_MBA

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Avera	ge					
		Questions					Answer's						
1	. Workshop / Se meet.	Workshop / Seminar objectives were stated clearly and neet.					3	2	1				
2	. The workshop /	e workshop / Seminar was well organised.						(2)	1				
3	. The information useful.	The information and/or skill presented were relevant and useful.				4	3	2	1				
4	The workshop increased my knowledge and skills.					4	3	2	1				
5	The presenter(s	) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1				
6	Overall, I am sat	isfied with this se	ssion.		5	4	3	2	1				

#### YOGA SESSION

2) Roll No 20023/0700019

Semester\_

1) Name Neha Shagimai

	5= Excellent 4= Very good 3=Good 2=Aver	rage	1= Be	low A	verage	e	
	Questions			An	swer's	S	
1.	Workshop / Seminar objectives were stated clearly a meet.	nd	5	4	3	2	
2.	The workshop / Seminar was well organised.		5	4	3	2	
3.	The information and/or skill presented were relevant useful.	and	5	4	3	2	
4.	The workshop increased my knowledge and skills.		5	4	3	2	
5.	The presenter(s) provided adequate time for question answer them satisfactorily.	n and	5	4	3	2	
5.	Overall, I am satisfied with this session.		5	<u>a</u>	3	2	2

#### YOGA SESSION

2) Roll No 20023/07 000 22

Semester\_ 3V

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow	Averag	е	
		Questions				Α	nswer'	s	
1	Workshop/Se meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	nted were r	relevant and	5	4	3	2	1
4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
5.	The presenter(s	) provided adequatisfactorily.	ate time for	<b>questi</b> on and	5	4	3	2	1
C	Overall, I am sati		N .		5	4	3	2	

#### YOGA SESSION

Branch MBA

1) Name Briyanshi Sharma

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low /	Averag	е	
		Questions				A	nswer'	S	
1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	4	3	2	
2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	
3.	The information useful.	information and/or skill presented were relevant and ful.				4	3	2	
4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	
5.	The presenter(s) answer them sat	provided adequal	ate time for	question and	5 (	4	3	2	2000
2	Overall, I am sati	efied with at i	state mate ()			4	3		

#### YOGA SESSION

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

Semester\_

1) Name

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	е	
		Questions				Aı	nswer'	S	
1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
2.	The workshop / S	Information and/or skill presented were relevant and	5	4	3	2	1		
3.	The information useful.				5	4	33	2	1
4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
5.	The presenter(s) answer them sati	provided adequa	ate time for	question and	5	4	3	2	1
6.	Overall, I am satis	sfied with this ses	sion.		5	4	3	2	1

## YOGA SESSION

	5= Excellent 4= Ve	ry good	3=Good	2=Average	1= Be	low A	lverag	е	
	Qu	estions				Ar	iswer'	s	-
1.	Workshop / Seminar of meet.	hop / Seminar objectives were stated clearly and rkshop / Seminar was well organised.				4	3	2	
2.	The workshop / Seminar						3	2	
3.	The information and/or skill presented were relevant and useful.			5	4	3	2		
4.	The workshop increased	The workshop increased my knowledge and skills.			5	4	3	2	
5.	The presenter(s) provide answer them satisfactori	ed adequa Ily.	te time for	question and	5	4	3	2	
6	Overall, I am satisfied wi	th this say	ar# 2000		5	0	3		

## YOGA SESSION

2) Roll No 20023 107 00029

Semester\_

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

#### YOGA SESSION

Semester\_\_\_\_

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

#### YOGA SESSION

2) Roll No 20023/07 000 33

Semester

1) Name Shivani

		Please respond a indicate the extended circle the number	to the following S ent to which you o er that applies	Statements I agree or dis	by using the 5 agree with ea	point ch sta	rating temen	scale t. Plea	to	
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	verag	е	
			Questions				Ar	swer'	S	
	1.	Workshop / Ser meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
	2.	The workshop / S	Seminar was well	organised.		5	4	3	2	1
*1	3.	The information useful.	and/or skill prese	ented were r	relevant and	5	4	3	2	1
0	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sat	provided adequa isfactorily.	ate time for	<b>questi</b> on and	5	4	3	2	1
	6.	Overall, I am satis	sfied with this ses	ssion.		5	4	3	2	1
	-				Sal					

#### YOGA SESSION

Semester

1) Name \_ Shivani Toması

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

#### YOGA SESSION

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

2) Roll No 2002 3/07 000 39

Semester

1) Name Shubham Tyagi

	5= Excellent 4= Very good 3=Good 2=Avera	ige 1= Be	low A	Averag	е	
	Questions		ıA	nswer'	s	
1.	Workshop / Seminar objectives were stated clearly an meet.	d S	4	3	2	1
2.	The workshop / Seminar was well organised.	5	4	3	2	1
3.	The information and/or skill presented were relevant as useful.	nd 5	4	3	2	1
4.	The workshop increased my knowledge and skills.	5	4	3	2	
5.	The presenter(s) provided adequate time for question answer them satisfactorily.	and 5	4	3	2	
6.	Overall, I am satisfied with this session.	5	4	(3)	2	

#### YOGA SESSION

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

2) Roll No 20023/07 000 41

Semester\_ V

1) Name Somit Kump

	indicate the ext circle the numb	ent to which you o er that applies	agree or dis	agree with ea	ch stat	emei	nt. Plea	ise	
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low	Averag	e	
		Questions				Α	nswer'	S	
1	. Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2	. The workshop/	SA CTION CONTRACTOR	5	4	3	2	1		
3.	The information useful.	information and/or skill presented were relevant a ful.			5	4	3	2	1
4.	The workshop in	ncreased my know	<b>rledge a</b> nd s	kills.	5	4	3	2	1
5.	The presenter(s	) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
6.	Overall, I am sat	isfied with this ses	ssion.		5	4	3	2	1
			0	mector C	ollege	"Bei	negrin	00	

#### YOGA SESSION

2) Roll No 20023/070044

	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	lverag	e	
)		Questions				Ar	swer'	s	
1.	. Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
3.	The information useful.	ne information and/or skill presented were relevant and seful.				4	(3)	2	1
4.	The workshop in	icreased my know	rledge and s	kills.	5	4	3	2	1
5.	The presenter(s answer them sat	) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
6.	Overall, I am sati	sfied with this ses	ssion.		5	4 (	(3)	2	1

#### YOGA SESSION

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

2) Roll No 2002 3/07 000 46

1) Name Vaishnavi Charina

	5= Excellent 4= Very good 3=Good 2=Aver	rage 1= Below Average
	Questions	Answer's
1.	Workshop / Seminar objectives were stated clearly armeet.	nd 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 a useful.	
4.	The workshop increased my knowledge and skills.	5 4 3 2 1
5.	The presenter(s) provided adequate time for question answer them satisfactorily.	and 5 4 3 2 1
6.	Overall, I am satisfied with this session.	5 4 3 2 1
	0.	*/

#### YOGA SESSION

2) Roll No 2002 3/07000 48

Branch MBA

1) Name Vishny Sharma

	Please respond indicate the exterior circle the number	to the following S ent to which you o er that applies	tatements l agree or dis	by using the 5 agree with ead	point i ch stat	rating emen	scale t. Plea	to	
	5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	lverag	e	
		Questions				Ar	swer'	s	
1.	Workshop / Ser meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	nted were r	elevant and	5	4	3	2	1
4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
5.	The presenter(s) answer them sat	provided adequa	ate time for	question and	5	4	3	2	1
6.	Overall, I am sati	sfied with this ses	ssion.	0	5	4	3	2	1
				Q.	ned!	0			

#### YOGA SESSION

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

#### YOGA SESSION

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

2) Roll No 20

5= Excellent 4= Very good 3=Good 2=Average	1= B	elow i	Averag	е	
Questions		Α	nswer'	s	
Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2. The workshop / Seminar was well organised.	5	4	3	2	1
3. The information and/or skill presented were relevant and useful.	5	4	3	2	1
The workshop increased my knowledge and skills.	5	4	3	2	1
<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	5	4	3	2	1
6. Overall, I am satisfied with this session.	5	4	3	2	1



## Department Of CSE

### **Session 2021-22**

### Report of Yoga Conducted For B.Tech Student

Topic: - YOGA

Speaker: - Mr. Vivek Bhardwaj

Date: - 21/06/2022

Time: - 07:00 AM

This program is organized by Department of CSE to benefit and enhance the yoga of B. Tech 2<sup>nd</sup> Year and 3<sup>rd</sup> Year students. Approximately 12.6. 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.

EVENT COORDINATOR (SIGNATURE)

Director R.D. Engineering College Duhai Ghaziabad

# ATTENDANCE OF B.Tech STUDENTS PARTICIPATED IN YOGA ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 21 06 2002

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	2102310100001	BOLESHOUS SERVING	2nd Year	CSE	SIGNATURE
2	2102310100002		2nd Year	CSE	Raskuması
3	2102310100003	A TOTAL OF STATE OF S	2nd Year	CSE	Dinesh
4	2102310100004		2nd Year	CSE	Sortyafal
5	2102310100006	Mark to the A. C. and the Control of	2nd Year	CSE	Agrind Kumag
6	2102310100007		2nd Year	CSE	BAIL
7		RADHESHYAM TIWARI	2nd Year	CSE	
8	2102310100009	Tax of tax of the last of the	2nd Year	CSE	Harifal
9	2102310100010	RAJU KUMAR SINGH	2nd Year	CSE	The state of the s
10	2102310100011		2nd Year	CSE	Radu Kuması
11	2002310100015	SHIV KUMAR SHARMA	2nd Year	CSE	DILIPTIWAR
12	2002310100016	SUNIL KUMAR	2nd Year	CSE	S. Jak
13	2102310100018	SHIV KUMAR AGRAWAL	2nd Year	CSE	Soul Kumas
14	2102310100019	PANKAJ CHAUHAN	2nd Year	CSE	6
15	2102310100020	AVNISH-KUMAR	2nd Year	CSE	Rankaza
16	2102310100021	APIL KUMAR	2nd Year	CSE	(143)
17	2102310100022	JANOJ KUMAR	2nd Year	CSE	Kapil Kumas
18	2102310100023		2nd Year	CSE	(AB)
19	2102310100024	TPIN KUMAR	2nd Year	CSE	PB/
20		IR. VIJAY KUMAR GUPTA	2nd Year	CSE	Vilin Kumes
21	2102310100026		2nd Year	CSE	(MD)
22	2102310100027 R	AND ORDER PROPERTY OF THE PERSON OF	2nd Year	CSE	0 (03)
23	2102310100028		2nd Year	CSE	Ras Mohan Tha
24	2102310100029 N	OWNER.	2nd Year	CSE	Chi
25	2102310100031		2nd Year	CSE	24 10
26	2102310100032 s	13 - 14 - 14 - 15 - 15 - 15 - 15 - 15 - 15	2nd Year	CSE	Manish Mittal
27	2102310100034 s		2nd Year	CSE	B (AB)
28	2102310100035 B		2nd Year	CSE	Bhrawn
29	2102310100036 R	VALUE TO SERVICE TO SE	2nd Year	CSE	001 (15)
30	2102310100037 B		2nd Year	CSE	Ripudaman iyag
31	2102310100038 D	O ASSOCIATION ASSOCIATION ASSOCIATION AND ASSOCIATION	2nd Year	CSE	(710)
32	2102310100039		2nd Year	CSE	(AB)
33	2102310100042 5		2nd Year	CSE	Chaman /al
34	2102310100043 s		2nd Year	CSE	Co
35		BHASH KUMAR SINGH	2nd Year	CSE	Sansay Tyagi
36	2102310100045 s		2nd Year	CSE	(DIC)
37	2102310100046 si	Column Co	2nd Year	CSE	Drougn
38	2102310100048 N	Market 200	2nd Year	CSE	De la
39	2102310100048 M		2nd Year	CSE	Harron
40	2102310100049 ki	The same of the post of the same of the sa	2nd Year	CSE	
41	2102310100050 M		2nd Year	CSE	Viday
42	2102310100051 N	INCOMPANION CARLING RECEIVANCE	2nd Year	CSE	AB
43	2102310100052 M		2nd Year	CSE	Manoj Sharman
44	2102310100054 B	The state of the s	2nd Year	CSE	Lanos shormal
	2102310100055			OCSE/	AB
45		The state of the s	100		
46	2102310100056	CE I SINGH SHAKMA	2nd Year	Head	ATTEC

R.D. Englishmen College Drive salves of

47	2102310100057 MR PRADEEP KUMAR	2nd Year	CSE	1000
48	2102310100058 MADHAY PRASAD	2nd Year	CSE	(D) (D)B)
49	2102310100059 RAVINDER PAIL SINGH	2nd Year	CSE	Madhau
50	2102310100060 PAWAN KUMAR SHARMA	2nd Year	CSE	Ravindera
51	2102310100061 JITENDER SINGH	2nd Year	CSE	Rayan
52	2102310100062 SANJAY SRIVASTAV	2nd Year	CSE	C (MB)
53	2102310100063 NARESH CHAND TYAGE	2nd Year	CSE	San Jay Sta
54	2102310100064 UDAY SINGH	2nd Year	CSE	Namesh
55	2102310100065 SOHAN VEER SINGH	2nd Year	CSE	(PB)
56	2102310100066 MR VINOD TYAGI	2nd Year	CSE	Sohan
57	2102310100067 RAJESH KUMAR	2nd Year	CSE	Vinad
58	2102310100068 SANJAY	2nd Year	CSE	Sa CABO
59	2102310100070 SATENDRA CHOUDHARY	2nd Year	CSE	Sangay
60	2102310100071 Jagdish Tuteja	2nd Year	CSE	LAVS J
61	2102310100073 VIJAY KUMAR	2nd Year	CSE	Jog dish
62	2102310100074 SUNIL UPADHYAY	2nd Year	CSE	Viscoy
63	2102310100075 SATBIR SINGH	2nd Year	CSE	1-12-1
64	2102310100076 MANOJ KUMAR	2nd Year	CSE	Sattin
65	2102310100077 SUNIL SAINI	2nd Year	CSE	( NO
66	2102310100078 MOTILAL	2nd Year	CSE	(AB)
67	2102310100079 SATISH KUMAR	2nd Year	CSE	Butich
68	2102310100080 MR. VINOD TYAGI	2nd Year	CSE	DRO TO
69	2102310100081 RAJKUAMR	2nd Year	CSE	Rajkuman
70	2102310100082 SUNDER SINGH	2nd Year	CSE	100
71	2102310100083 RAVINDRA SINGH	2nd Year	CSE	Ravinday
72	2102310100084 DINESH TYAGI	2nd Year	CSE	A AB
73	2102310100086 PRAMOD TYAGE	2nd Year	CSE	- Bernary
74	2102310100087 SARYU YADAV	2nd Year	CSE	Bayes
75	2102310100088 SINGHASAN SINGH KUSHWAHA	2nd Year	CSE	(AR)
76	2102310100089 UMA SHANKAR	2nd Year	CSE	UmaShanka
77	2102310100090 RIYAZUDDIN	2nd Year	CSE	RIYAZUDDIA
78	2102310100091 MAHENDRA KUMAR	2nd Year	CSE	(AB)
79	2102310100092 RAVINDER CHAUDHARY	2nd Year	CSE	(AR)
80	2102310100093 ASHOK KUMAR THAKUR	2nd Year	CSE	Adhak
81	2102310100094 IQBAL SABBAG	2nd Year	CSE	(AB)
82	2102310100095 VIKAS TYAGI	2nd Year	CSE	Vikou Tracki
83	2102310100096 AMARJEET SINGH	2nd Year	CSE	(AB)
84	2102310100097 SOHAN PAL	2nd Year	CSE	Sohon
85	2102310100098 SUNDER LAL	2nd Year	CSE	SS
86	2102310100099 SALIM AHMED	2nd Year	CSE	SALIM
87	2102310100100 MR JAGINPAL SINGH	2nd Year	CSE	(FB2
88	2102310100102 SURENDRA KUMAR	2nd Year	CSE	AB)
89	2102310100103 SATPAL BAGDE	2nd Year	CSE	Salfae
90	2102310100104 BRAHAMDEV	2nd Year	CSE	J-B2
91	2102310100106 SURENDER TYAGI	2nd Year	CSE	(CB)
92	2102310100107 KAILASH KUMAR	2nd Year	CSE	Kaylas
93	2102310100108 AMIT KUMAR GUPTA	2nd Year	CSE	(AB)
94	2102310100109 RASMANI YADAV	2nd Year	CSE	Rashmi
95	2102310100110 SANJAY ARORA	2nd Year	CSE	(AR)
96	2102310100111 SANJAY VERMA	2nd Year	CSE	(AB)
97	2102310100112 RANDHEER	2nd Year	CSE GO	Handhoese.
98	2102310100113 MOHAN SINGH	2nd Year	V FCE TO	TI .

99	210231010011:		2nd Year	CSE	6.7.
100	2102310100116		2nd Year	CSE	Rastee
101	2102310100117	The state of the s	2nd Year	CSE	(AS)
102		SANTOSH KUMAR SINGH	2nd Year	CSE	Anit gugi
103	2102310100119	PRATAP SINGH	2nd Year	CSE	(PB)
104	PREERN220078967	VIPIN PAL	2nd Year	CSE	ONS I
105	ERN222300008888	KUSHWAHA	2nd Year	CSE	Owshowaha
106	PREERN220065233	RAGH VENDRA MISHRA	2nd Year	CSE	Droana
107	PREERN220076165	SHYAMVEER SINGH	2nd Year	CSE	OR
109	PREERN220072576	MAHESH CHANDRA SHARMA	2nd Year	CSE	Mohesh
110	PREERN220076309	RAVIKANT YADAV	2nd Year	CSE	(by)
111	PREERN220056678	AKHILESH BHARGAV	2nd Year	CSE	AND
112	PREERN220052227	CHANDER PAL SINGH KASANA	-114 1 041	CSE	(AB)
113	ERN222300008720	Jagdish Kumar Srivastava	2nd Year	CSE	(213)
114	ERN222300008846 PREERN220076863	Virendra Tripathi	2nd Year	CSE	Vigrendona
115		RAJENDRA SINGH	2nd Year	CSE	CAB-
116	PREERN220062805	MUKESH TYAGI	2nd Year	CSE	THE STATE OF THE S
117	PREERN220055672	SANJAY KUMAR SINGH	2nd Year	CSE	AB)
118	PREERN220060159 PREERN220087415	RAJEEV GOEL	2nd Year	CSE	Roseev
119		KRISHAN KUMAR	2nd Year	CSE	AB
120	The committee of the co	RAJEEV CHOUDHARY	2nd Year	CSE	(AB)
121	. The state of the	ANIL TYAGI AAKASH KUSHWAHA	2nd Year	CSE	Anilyano
122	2002310100001		3rd Year	CSE	(10)
123	2002310100002	A STATE OF THE PARTY OF THE PAR	3rd Year	CSE	(PB)
124	2002310100005		3rd Year	CSE	Abbey
125	2002310100005	A REPORT DAY AND A CASE I	3rd Year	CSE	0.11.0
126		ABHISHEK KUMAR KASHYAP	3rd Year 3rd Year	CSE	Abhinau Bansal
127	2002310100008	AND THE RESIDENCE OF THE PROPERTY OF THE PARTY OF THE PAR		CSE	(NA
128	2002310100009		3rd Year 3rd Year	CSE	A LOS
129	2002310100010		3rd Year	CSE	Abhishet
130	2002310100012		3rd Year	CSE	A=04 400
131	2002310100013		3rd Year	CSE	ATAY KUMAR
132	2002310100014	AKASH TYAGI	3rd Year	CSE	
133	2002310100015		3rd Year	CSE	AKSHAY SHARMA
134	2002310100016	AKSHIT CHAUDHARY	3rd Year	CSE	LINOTAL SHAKING
135	2002310100017	AKSHIT TYAGI	3rd Year	CSE	AKSUT
136	2002310100018	ALISHA YADAV	3rd Year	CSE	
137	2002310100019	AMAN GUPTA	3rd Year	CSE	122
138	2002310100020	NNKIT	3rd Year	CSE	Onkit
139	2002310100021	NNKIT KUMAR	3rd Year	CSE	(AB)
140	2002310100022	ANKIT KUMAR GUPTA	3rd Year	CSE	
141	2002310100023	ANMOL KUMAR	3rd Year	CSE	Annal Kumary
142	2002310100024	Wiscons and the Control of the Contr	3rd Year	CSE	
143		NTRIKSH KUMAR SHARMA	3rd Year	CSE	
144	2002310100026		3rd Year	CSE	Anes
145	2002310100027		3rd Year	CSE	
146	2002310100028		3rd Year	CSE	Agrana
147		RUN KUMAR CHAUDHARY	3rd Year	CSE	(AR)
148	2002310100030		3rd Year	CSE	- 01 · 1
149	2002310100031		3rd Year	CSE	Anshish
150	2002310100032	SHISH KUMAR	Stdooging	CSE	O Mac
		C.D.	Head CSE	R.D. E	Direction 1 198

2223	2002310100033	ASHISH KUMAR GUPTA	3rd Year	CSE	I A mi le l
52	2002310100034	ASHISH TYAGI	3rd Year		Ashish
53	2002310100035	ASHNA SINGH	3rd Year	CSE	
54	2002310100036	AYUSH GARG	3rd Year	CSE	(PB)
55	2002310100037	CHANCHAL	3rd Year	CSE	Ayustrang
56	2002310100038	CHAUDHARY KESHAV AJAYBHA	3rd Year	CSE	Chanchal
57	2002310100039	DEEPAK BHARTI	3rd Year	CSE	Charle
58	2002310100040	DEEPAK KUMAR MISHRA	3rd Year	CSE	Declars
59	2002310100041	DEEPAK SINGH	3rd Year	CSE	(1213)
0	2002310100042	DEEPANSHU BALIYAN	3rd Year	CSE	Declar Shir
51	2002310100043	DEEPANSHU RAJPUT	3rd Year	CSE	Seepart
2		DEEPANSHU VERMA		CSE	1 Mar
3	2002310100045		3rd Year	CSE	Deelansh
4	2002310100046		3rd Year	CSE	Dev
5	2002310100047		3rd Year	CSE	Devansh
6	2002310100048		3rd Year	CSE	(AIS)
7	2002310100049		3rd Year	CSE	Carriet
8		GYANDEEP CHOUDHARY	3rd Year	CSE	(Goldes
9	2002310100051		3rd Year	CSE	(R13)
0	2002310100051		3rd Year	CSE	Horison
1		HIMANSHU GAUTAM	3rd Year	CSE	Attinto
2			3rd Year	CSE	Time
3	2002310100054	RITIK TYAGI	3rd Year	CSE	Kincustoh
4	2002310100033	0000 000 NAMES NO.	3rd Year	CSE	(AS)
_	2002310100056	APIL DAGUR	3rd Year	CSE	Karo
5	E00E0T0100037		3rd Year	CSE	there
5	2002310100058		3rd Year	CSE	Khushi Minni
, <u> </u>	2002310100059	HUSHI NIRWAN	3rd Year	CSE	Astonia
3		ULDEEP SINGH KUSHWAHA	3rd Year	CSE	- Win
2	2002310100001	UNAL	3rd Year	CSE	Wural
	2002310100002	UNAL YADAV	3rd Year	CSE	(AB)
	2002310100063 L	A CONTRACTOR OF THE CONTRACTOR	3rd Year	CSE	Laximi
	20020100004	MAHI GUPTA	3rd Year	CSE	Maral
	10010100000	IANAN SHARMA	3rd Year	CSE	(varans)
	2002310100066		3rd Year	CSE	- (AB)
5	E00E010100001	IANISH YADAV	3rd Year	CSE	- Warrish
	2002310100068 M	IANU TYAGI	3rd Year	CSE	Chance
		AYANK KUMAR CHATURVEDI	3rd Year	CSE	Han
		OHIT KUMAR	3rd Year	CSE	(D)
	2002310100071 M		3rd Year	CSE	(AB)
	EGGESTOTO CO.	ONLYADAV	3rd Year	CSE	Monixook
	C10001010003	AGESHWAR SINGH	3rd Year	CSE	Mageal
	2002310100074 N	AURANGI LAL	3rd Year	CSE	Madrad
	2002310100075 N		3rd Year	CSE	2 Kular
	2002310100070	IDA SAIFI	3rd Year	CSE	Winday
	2002310100077 N	SHANT SHARMA	3rd Year	CSE	(AB)
		SHANT SHARMA	3rd Year	CSE	Mistal
	2002310100080 N	TISH	3rd Year	CSE	Netish
	A CONTRACTOR OF THE PROPERTY O	ALAK MITTAL	3rd Year	The second secon	Palaknotton
		ARTH JOSHI	3rd Year	CSE	COR
		RAMOD YADAV	3rd Year	Hesei =	Paramet

RD F Gliop Scheen

#### Yoga Exercise

	000	Semester 3th Sew	1 1
Branch _	CSE	Semester 3 Sew	Date 21/06/2022

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

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





#### Yoga Exercise

Branch	CSE	Semester	3 Sen	Date 21	106/2022
Dlagge	raspand to the	following State			

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

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





#### Yoga Exercise

Branch _	CSE	_ Semester_ 3th	Date 21/06/21

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	V			
2	The breathing exercises I learned to calm me were effective.		1		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.		1		
6	I will use these yoga postures and stretching exercises in my daily life.		V	_	
7	In general what I have learned in this class will be helpful in my everyday life.	V			
8	I would recommend this yoga class to other make circle one:	U	ÝES	NO	





#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Semester

Date 21 06/21

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

#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Branch CSE

21/06/21

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.		V		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~	V		
5	I will use these meditation techniques im my daily life.	~			
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in my everyday life.		V		
9	I would recommend this yoga class to other make circle one:		ÝES	NO	

### Yoga Exercise

Branch _	CSF	Semester	TIT	Date_	21	06/21	_
Please r	espond to	the following State	ments to indicate	the ex	tent	to which y	ou

Please respond 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.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.		1		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	V	ÝES	NO	

Director

R.D. Engineering College

Duhai Chaziabad



#### Yoga Exercise

000

S.No

3 in my daily life.

5 daily life.

6 exercises in my daily life.

8 other.make circle one:

7 be helpful in my everyday life.

	Please respond to the following Statements to agree or disagree with each statement. Plapplies			which you	
0	Questions	A great deal	Moderately	A little	Not a
1	The activities in the yoga class left me with an overall feeling of wellness	~			
2	The breathing exercises I learned to calm me were effective.		~		
	I will use these breathing exercises to help me	1			

Director R.D. Englishing College Duha Unaziabad

The yoga postures and stretching exercises I

I will use these meditation techniques im my

I will use these yoga postures and stretching

In general what I have learned in this class will

I would recommend this yoga class to

4 learned reduced the stiffness in my body.



NO

VES

a 1 - ala.

#### Yoga Exercise

Branch _	CCF	Semester	THE	Date	2/196/21	
Didition_	77	Jennester		Date		-
		e i i i Postituori se escono per compresso	THE CONTROL OF THE SHALL WE AS	2011 AND 1011 AND 101	erone da la companio de la companio	

Please respond 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	$\vee$			
2	The breathing exercises I learned to calm me were effective.		~		
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	~			
6	I will use these yoga postures and stretching exercises in my daily life.		/		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other make circle one:		YES	NO	

R.D Engine og College Duhar, Ghazabad

### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Semester

Branch CSE

21/06/21

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.		1		
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		/		
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.		~		
7	In general what I have learned in this class will be helpful in my everyday life.	V			
8	I would recommend this yoga class to other make circle one:	1	<b>VES</b>	NO	

### Yoga Exercise

Branch	CZE	Sem	nester	TU	Date	21	06/21	
Please re	spond to the	e following	Statement	ts to ind	icate the e	extent	to which	you
agree or applies	disagree v	vith each	statement.	Please	tick right	the	number	that

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





### Yoga Exercise

Branch(	CSE	Semester3	×	Date 2	106/51
Please res	spond to the fo	llowing Statement	s to indicate	the extent	to which you
agree or	disagree with	each statement.	Please tick	right the	number that

applies

S.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	/			
2	The breathing exercises I learned to calm me were effective.	1			
3	I will use these breathing exercises to help me in my daily life.		/		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		/		
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.	/			
7	In general what I have learned in this class will be helpful in my everyday life.	/			
8	I would recommend this yoga class to other.make circle one:	٧	ves	NO	





### Yoga Exercise

Branch CSE	Semester_ 3 <sup>th</sup>	Date 21/06/21
Please respond to the following	lowing Statements to	indicate the extent to which you
		ase tick right the number that

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

Director College

R.D. Engineering abad

Duhai Ghaziabad



#### Yoga Exercise

Branch CSE Semester Th.	Sem	Date 21	∞ 21	
Please respond to the following Statements to agree or disagree with each statement. Plapplies			NAMES OF TAXABLE PROPERTY.	
Questions	A great deal	Moderately	A little	Not at
The activities in the yoga class left me with an overall feeling of wellness	/			
The breathing exercises I learned to calm me		/		

S.No

2 were effective.

3 in my daily life.

5 daily life.

6 exercises in my daily life.

8 other.make circle one:

7 be helpful in my everyday life.

I would recommend this yoga class to

I will use these breathing exercises to help me

The yoga postures and stretching exercises I

I will use these meditation techniques im my

I will use these yoga postures and stretching

In general what I have learned in this class will

4 learned reduced the stiffness in my body.

R.D. Engineering College Dubai Chaziabad



NO

Date 2,166/21

## Feedback form

#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Semester

Branch CSE

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





### Yoga Exercise

Branch _	CSE	Sem	nester	Ш	_ Date_	21	06	51
Please	respond to th	e following	g Statemen	ts to indi	cate the ex	xtent to	o which	h you
agree (	or disagree v	with each	statement.	Please	tick right	the n	umber	that

applies

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





#### Yoga Exercise

Branch	_ CSE		emester	TIL		Date_	21	(a€ )	21
Please	respond to t	he follow	ing State	ments to ii	ndicate t	he ext	tent to	which	you
agree	or disagree	with eac	h staten	nent. Plea:	se tick r	ight t	the nu	mber	that

applies

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

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Duhai, Gnaziabad



#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

CSE

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.	1			
5	I will use these meditation techniques im my daily life.		1		
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.				
	I would recommend this yoga class to	,	res	NO	



8 other.make circle one:



Date 21/06/22

### Yoga Exercise

	Questio		A great	Moderately	A little	1
			ements to indicate ment. Please tick			
Branch _	CIF	Semester		Date'ZI	66 22	

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





#### Yoga Exercise

Branch	CSE	Se	mester	[[]	Date	2106	25
Please	respond to t	the followir	ng Stateme	nts to ind	icate the e	xtent to w	hich you
agree	or disagree	with each	statemen	t. Please	tick right	the num	ber that

applies

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

R.D. Example in a College
Durant maziated



#### Yoga Exercise

Please respond to the following Statements to agree or disagree with each statement. Plapplies			which you	
Questions	A great deal	Moderately	A little	Not at all
The activities in the yoga class left me with an overall feeling of wellness	1			
The breathing exercises I learned to calm me were effective.				

S.No

were effective.

I will use these breathing exercises to help me in my daily life.

The yoga postures and stretching exercises I learned reduced the stiffness in my body.

I will use these meditation techniques im my daily life.

I will use these yoga postures and stretching exercises in my daily life.

In general what I have learned in this class will be helpful in my everyday life.

I would recommend this yoga class to other.make circle one:





a loclos

#### Yoga Exercise

Semester

Branch CSE

TIL Date 21/06/22

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.	1			
3	I will use these breathing exercises to help me in my daily life.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1	1		
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		1		

R.D. Fr. College

In general what I have learned in this class will

7 be helpful in my everyday life.

8 other make circle one:

I would recommend this yoga class to



NO

YES

## Yoga Exercise

Branch _	CSE	Semes	ter_ TI		Date	21	06/2	~
Please	respond to th	e following S	Statemen	ts to ind	icate the e	xtent t	o which	ı you
aaree i	or disagree	with each st	atement	Please	tick right	the r	umher	that

applies

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





#### Yoga Exercise

Branch _	CSE	_ Semester	Date	21/06/22
Please i	respond to the	following Statements to in	ndicate the ext	ent to which you

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

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





#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Branch \_ C S E

8 other.make circle one:

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





#### Yoga Exercise

Branch CSE	Semester	Ind	Date_	21/6	22
Please respond to the follo	wina State	ments to indicate	the ex	tent to	which you

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

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





#### Yoga Exercise

Branch CSE	Semester T	Date	21	06	22
	Service of Foundation				

Please respond 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.	1			
3	I will use these breathing exercises to help me in my daily life.		/		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.		1		
8	I would recommend this yoga class to other make circle one:	3	vés	NO	





#### Yoga Exercise

BranchCSE	Semester III	Date 21/06/22
Please respond to the fo	llowina Statements to indi	cate the extent to which you

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

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

Director R.D. Engineering College Duhai, Ghaziabad



### Yoga Exercise

Branch CSE	Semester	Date 21/06/22
Please respond to the follo	owing Statements to indicate	the extent to which you
agree or disagree with applies	each statement. Please tick	right the number that

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

Director R.D. Engineering College Duhai, Ghaziabad



#### Yoga Exercise

Branch	CSE	)	Semes	ter	<u> </u>		Date	21	106/2	2_
Please	e respond t	o the fo	llowing S	Statemen	ts to ind	icate	the ex	xtent	to which	h you
agree	or disagre	e with	each st	atement.	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.	1			
5	I will use these meditation techniques im my daily life.		1		
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other make circle one:		yés	NO	<u> </u>





#### Yoga Exercise

Branch CSE	Semester 710	Date 21/06/22
Please respond to t	he following Statements t	to indicate the extent to whi <mark>c</mark> h you

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

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





#### Yoga Exercise

Branch	SE	Semester	32	Date	21	06	2022
Please resni	and to the fal	lowina State	ments to indicat	e the ev	tent	to wh	ich vou

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

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

Director R.D. Engineering College Dunar, Graziabad



#### Yoga Exercise

Branch _	CSE	Semester	3#	_ Date_	21	06	22
Please r	espond to the fo	ollowina State	ments to indi	cate the ex	tent to	which	n vou

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

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





#### Yoga Exercise

The yoga postures and stretching exercises I

I will use these meditation techniques im my

I will use these yoga postures and stretching

I would recommend this yoga class to

In general what I have learned in this class will

4 learned reduced the stiffness in my body.

3 in my daily life.

5 daily life.

6 exercises in my daily life.

8 other make circle one:

7 be helpful in my everyday life.

S.No

	Please respond to the following Statements to agree or disagree with each statement. Plapplies		the extent to		
0	Questions	A great deal	Moderately	A little	Not a
1	The activities in the yoga class left me with an overall feeling of wellness	~			
2	The breathing exercises I learned to calm me were effective.		~		
	I will use these breathing exercises to help me				





NO

YES

## Yoga Exercise

Branch	CSE	===	Semester	V +4		D	ate	21/6/	2_
	espond to t r disagree	West Sections	A STATE OF THE PARTY OF THE PAR						
					A are	eat			

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.		J		
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		_		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	J	YES	NO	

Director College

R.D. Engineering Chaziabad

Duhai Ghaziabad



### Yoga Exercise

Branch	CSE		Sen	nester	1		Date	2	1-6-2	
Please res	pond to t	he fol	lowing	g Statement	s to ind	icate	the e.	xtent	to which	n you
agree or applies	disagree	with	each	statement.	Please	tick	right	the	number	that

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

Director

R.D. Engineering College

Dirita Charlabad



#### Yoga Exercise

Semester\_\_\_\_\_\_\_

Please respond to the following Statements to indicate the extent to which you

Branch CSE

8 other.make circle one:

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.		<u> </u>		
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	V			
	I would recommend this yoga class to		YES	NO	





Date\_\_\_\_21/06/22

## Yoga Exercise

Branch	CSB	 Sen	nester	V	· fu	 Date	2	106/2	2_
	spond to t disagree	 							

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	1			
2	The breathing exercises I learned to calm me were effective.		1		
3	I will use these breathing exercises to help me in my daily life.	1		_	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.		1		
6	I will use these yoga postures and stretching exercises in my daily life.	J			
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other make circle one:	9	YES	NO	





#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Semester

Branch \_ CSB

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

R.D. Fridingering College

#### Yoga Exercise

Branch	CSB	Sen	nester _ N		===	Date		2/16/2	2_
Please res	pond to the fo	llowin	g Statement	s to ind	icate	the e	xtent	to which	n you
agree or applies	disagree with	each	statement.	Please	tick	right	the	number	that

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





#### Yoga Exercise

Branch	CSB	Semester	卫	Date_	21/6/22
Please re	spond to the fo	llowing Stater	nents to indi	cate the ex	ctent to which you
agree or	disagree with	each statem	ent. Please	tick right	the number that

applies

8 other make circle one:

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





NO

### Yoga Exercise

Branch _	CSB	Semester	5th	Date_	216/22
Please i	respond to the fo	llowing Stater	ments to ind	licate the ex	tent to which you
agree d	or disagree with	each statem	ent. Please	tick right	the number that

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





### Yoga Exercise

Branch	CSB	Semester	型th	Date	2/16/22
Please re	spond to the fol	lowing Stater	ments to ind	icate the ext	ent to which you
agree or	disagree with	each statem	ent. Please	tick right t	he number that

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





#### Yoga Exercise

Branch	CZF	Semester	V Sem	Date 2	21/6/22
Please	respond to the fo	llowing Stater	nents to indica	te the exten	t to which you
agree	or disagree with	each statem	ent. Please tid	ck right the	number that

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	0			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.		~		
8	I would recommend this yoga class to other.make circle one:	V	YES	NO	





#### Yoga Exercise

Branch	CSE	Semester	Date	2-[	06(22
Please re	spond to the	following Statements to indi	icate the ext	ent to	which you

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

applies

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





#### Yoga Exercise

CSE		Sen	nester	N			Date	2	1/6/2	2_
pond to t	he fol	lowing	g State	ment	s to ind	icate	the e.	xtent	t to which	h you
disagree	with	each	stater	nent.	Please	tick	right	the	number	that
	pond to t	pond to the fol	pond to the following	pond to the following State	pond to the following Statement	pond to the following Statements to ind	pond to the following Statements to indicate	pond to the following Statements to indicate the e	pond to the following Statements to indicate the exten	pond to the following Statements to indicate the extent to which disagree with each statement. Please tick right the number

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





#### Yoga Exercise

Branch	CSE	Semester	5th sem	Date	2116	22
150017 (CO-71) (S-		- Somewiceonie		11.000.000.000		

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





#### Yoga Exercise

Branch	CSE	Semester	5th sem	Date	2/6	122
		1-37-33-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-3-				

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	$\checkmark$			
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.		~	_	
6	I will use these yoga postures and stretching exercises in my daily life.	~			
7	In general what I have learned in this class will be helpful in my everyday life.		~		
8	I would recommend this yoga class to other make circle one:	/	YES	NO	Y.





#### Yoga Exercise

Branch _	CSE	Semester	Sthsem	Date_	2)-6-22	
Please re	espond to the j	following Stater	nents to indica	te the ext	ent to which	you

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

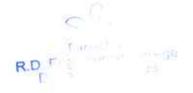




### Yoga Exercise

Branch	CSE	Semester	5th sens	Date_	2 06/22
Please re	spond to the fol	lowing State	ments to indico	ite the ex	tent to which you
aaroa or	disagree with	each statem	ent Please ti	ck right	the number that

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





#### Yoga Exercise

Branch	CSE	Semester TH	Date	21	06	22
Dlagga ra	senand to the	following Statements to ind	ionto the ou		) 	en vezer

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





#### Yoga Exercise

Branch	CSB	Semester	Date 2	06/22
Diogra ra	snand to the	following Statements to ind	icato the outent t	a which was

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





#### Yoga Exercise

Branch _	CSB	Semester_	TSem	Date	21	6/22
Please re	espond to the f	ollowing State	ements to indica	te the ext	ent to	which you

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

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

Director
R.D. Engineering College
Duhai Ghaziabad



#### Yoga Exercise

Branch	CSB	Semester	Date 21/6/22

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.	<u> </u>	/		
5	I will use these meditation techniques im my daily life.	1		_	
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.	/			
8	I would recommend this yoga class to other, make circle one:	1	YES	NO	





#### Yoga Exercise

Branch	CZE	s	emester	V	Date	2/16/2	2
Please	respond to t	the followi	ng Statem	ents to ind	icate the e	xtent to whi	ch you
agree	or disagree	with eac	h stateme	nt. Please	tick right	the numbe	r that

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		1		
2	The breathing exercises I learned to calm me were effective.	1			
3	I will use these breathing exercises to help me in my daily life.		/		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.		/		
6	I will use these yoga postures and stretching exercises in my daily life.	/			
7	In general what I 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	





#### Yoga Exercise

Branch	CSE	Semester_	V	
Please re	spond to the	followina State	ments to inc	dicate the extent to which you

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	1			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	/			
8	I would recommend this yoga class to other make circle one:	Ü	yes	NO	0)





#### Yoga Exercise

Branch	CSB	Semester	V	Date >1	16	22
D)	en e		TOUR AND THE SECOND			12.0

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

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

R.D. F. Director College



#### Yoga Exercise

Branch	CSE	Semester	Date_ 21	6/22
Please re	spond to the f	ollowing Statements to in	ndicate the extent	to which you

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.	1			
5	I will use these meditation techniques im my daily life.		/		
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	2	æs	NO	





#### Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

Semester\_\_\_\_\_\_

Branch \_\_\_\_ CS &

8 other.make circle one:

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

Director R.D. Engineering College Duhai, Ghaziabad



#### Yoga Exercise

Branch _	CS	B	Semester	5th	Date	6/22

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	/			
2	The breathing exercises I learned to calm me were effective.	/			
3	I will use these breathing exercises to help me in my daily life.		/		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		/		
5	I will use these meditation techniques im my daily life.		/		
6	I will use these yoga postures and stretching exercises in my daily life.	/			
7	In general what I have learned in this class will be helpful in my everyday life.	1			
8	I would recommend this yoga class to other make circle one:	0	YES	NO	





#### Yoga Exercise

Branch	CSE	Semester	5th sem	Date 21	06/22

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







#### Yoga Exercise

Branch	CSE	Semester		Date 21-6-22
and the second s		- Store and the second		Most of St

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.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.	J			
7	In general what I have learned in this class will be helpful in my everyday life.	1			
8	I would recommend this yoga class to other make circle one:		YES	NO	





#### Yoga Exercise

Branch	CSF	Semester Tim	Date 2//	6/22

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.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.		/		
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in my everyday life.		V		
8	I would recommend this yoga class to other make circle one:	1	ŶES	NO	





#### Yoga Exercise

Branch _	CSE	Semester Vth	Date	21/6	122
Please re	spond to the	following Statements to indic	rate the evi	ent to u	which you

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





#### Yoga Exercise

Branch	cs£	Semester	5th sem	Date 21 6 22
D/				

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	$\vee$			
2	The breathing exercises I learned to calm me were effective.		~		
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.		/		
6	I will use these yoga postures and stretching exercises in my daily life.		/		
7	In general what I have learned in this class will be helpful in my everyday life.	_			
8	I would recommend this yoga class to other.make circle one:	VES		NO	0

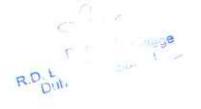




#### Yoga Exercise

Branch _	Cs€	Semester 5th Sem	2) 6 22
n/	VIEW 1980	(2 IV 40 1205 SS (040)	1649 S250 W

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.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.		~		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other make circle one:	1	YES		





#### Yoga Exercise

Branch	CSB	Semester	5thsem	Date_	21/6/22
Please r	espond to the	following State	ments to indicat	e the ev	tent to which you

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





#### Yoga Exercise

Branch	CSE	Semester_	5th	Sem	Date	21/06/22
20						

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





#### Yoga Exercise

Branch	CSE	Semester_5+h	Date 21 06 22
Please re	spond to the f	ollowina Statements to inc	dicate the extent to which you

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





#### Yoga Exercise

Branch	CSE	Semester	5th sem	Date 21-6-22
				#######

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





# R.D. ENGINEERING COLLEGE DEPARTMENT OF MBA

(Capacity building and skills Initiatives)

Session- 2021-2022

Program

LIFE SKILL

**Topics** 

SESSION ON YOGA

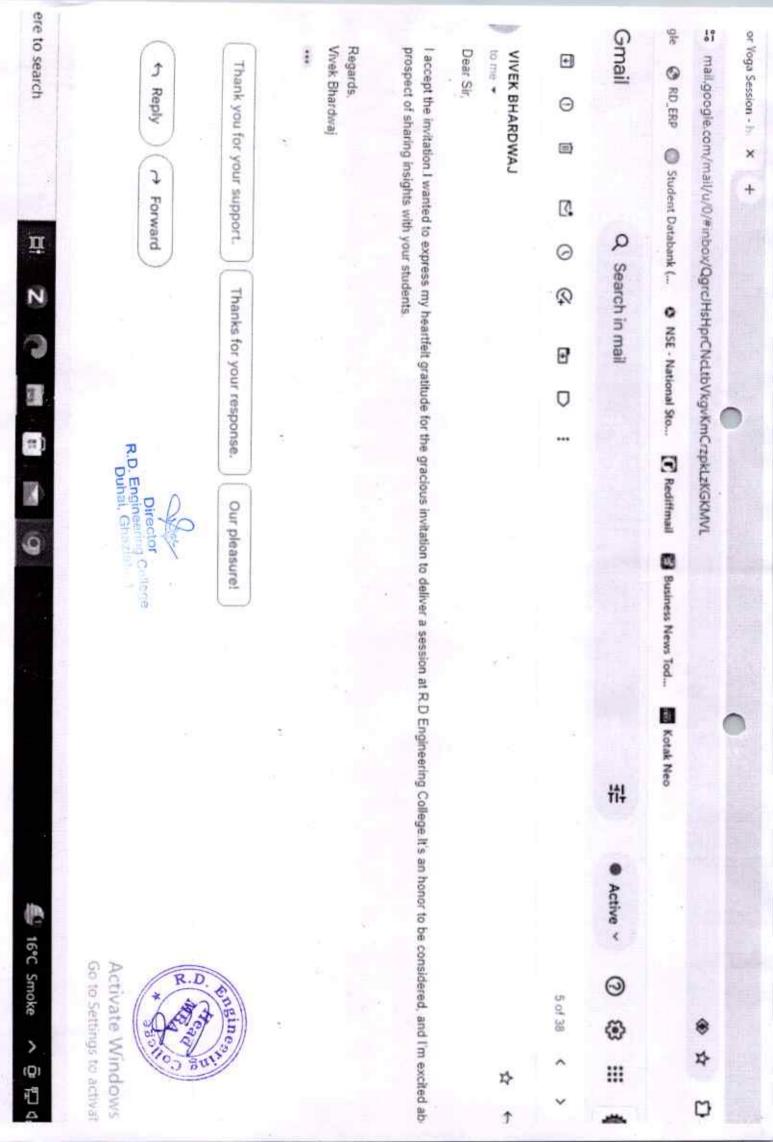
Date

21/06/2022





16°C Smoke





## 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 21/06/2022 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.Gauray Bansal

(Head& Professor, MBA Dept.)



CC:

Director

Registrar

**IQAC** 

Departmental Notice Board

Hostel Notice Board

Office Cratistas

#### **VIVEK BHARDWAJ**

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

#### **OBJECTIVES**

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

#### **ACADEMICS**

B.Sc. (Zoology Hones)

#### PROFESSIONAL QUALIFICATIONS

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



#### PROFESSIONAL EXPERIENCE

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

#### PERSONAL DETAILS

Date of Birth

22<sup>nd</sup> November 1981

Father's Name

Dr. Kaushal Kumar Bhardwaj

Languages known

English and Hindi

Permanent Address

10/155 Geeta Colony Delhi-110031

Contact Numbers

09650933755, 01122509898

Director College

R.D. Engineering Chazin



# AEGIS

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



SESSION ON YOGA



Mr. VIVEK BHARDWAJ

VENUE: SEMINAR HALL(A-BLOCK)

TIME: 10:00AM

DATE: 21/06/2022





### 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 2021-22

### Report of LIFE SKILL PROGRAM.

TOPIC: SESSION ON YOGA.

PEAKER: Mr. Vivek Bhardwaj

DATE: 21/06/2022

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,

### DBJECTIVES:-

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 MEA

(SIGNATURE)

Director College

R.D. Engineering Shaziabad

Duhai Ghaziabad

EVENT COORDINATOR

(SIGNATURE)

_	R.D. Engil	neering College, Ghaziabad	(231)
		Yoga Session	
		MBA- I Year (2021-22)	
C1 3.1	D 11 57		Date-21/06/2022
S. No.	Roll No.	Student Name	Signature
1	2102310700001	ABHISHT PANDEY	Abbettade
2	2102310700003	AJAY NEGI	1 alung
3	2102310700004	AMAN AGGARWAL	thon
4	2102310700005	ANIRUDH KAUSHIK	AB
5	2102310700006	ANSHIKA TYAGI	apple
6	2102310700007	ANSHU KUMAR	Charley.
7	2102310700008	ARIBA	Liba
8	2102310700009	ARUNIMA SHARMA	Acouetto.
9	2102310700010	ARUSHI TYAGI	Try 981.
10	2102310700011	ASHISH YADAV	TAB a
11	2102310700012	ASHWANI CHAUDHARY	Aguear
12	2102310700013	AVINASH KUMAR	thath.
13	2102310700014	AYUSH VERMA	Hyus
14	2102310700015	AYUSHI RANA	AB'
15	2102310700016	AYUSHI TYAGI	Aurosi
16	2102310700017	CHHAVI TYAGI	"Chali-
17	2102310700018	CHIRAG JAIN	AB
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21	2102310700022	HARSH VARDHAN	Moschen
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30	2102310700032	LAKSHAY SHARMA	Leveleul
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33	2102310700035	MANU GEMINI	AR
34	2102310700036	MAUSAM	Hausan
35	2102310700037	MEGHNA GEMINI <	FLORIDA
36	2102310700038	MEHTAB ALI	Aulili
37	2102310700039	NARAYAN KUMAR JHA	Maryah
38	2102310700040	NEHA PANCHAL	AR
39	2102310700041	NIDHI CHAUDHARY	CAPALP.
40	2102310700042	NIKHIL DAGAR	TIP 11
41	2102310700043	NISHA TYAGI	(2)
42	2102310700044	NISHI SHARMA	Whoome.
43	2102310700045	NITESH SHARMA	THE .
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Director College R.D. Engineering Ghaziabad

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48	2102310700050	RIDHI BANSAL	AR
49	2102310700051	RITIKA GOEL	Rillo.
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51	2102310700053	SANKEY	Sanker
52	2102310700054	SHIVAM KASHYAP	AA
53	2102310700055	SHIVANI TYAGI	acres men
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56	2102310700058	SURBHI SHARMA	BUT BLE
57	2102310700059	TANISHKA VERMA	. AR
58	2102310700060	VAIBHAV RAWAT	Vo How
59	2102310700061	VARSHA SINGHAL	1 1/0201-0
60	2102310700062	VARTIKA AWASTHI	(Auf 12)
61	2102310700064	YASH SHARMA	AD



Director
R.D. Engineering College
Duhai Ghaziabad

### YOGA SESSION

		Please respond indicate the extended circle the number	to the following S ent to which you c er that applies	tatements i agree or dis	by using the 5 agree with ea	point i ch stat	rating emen	scale t. Plea	to ase	
		5= Excellent	4= Very good	3=Good	2=Average	1= Be	low A	lverag	<sub>l</sub> e	
)			Questions				Ar	swer	's	
	1.	Workshop / Ser meet.	minar objectives w	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	1
	3.	The information useful.	and/or skill prese	nted were i	elevant and	5	4	3	2	1
	4.	The workshop in	creased my knowl	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sat	) provided adequa isfactorily.	te time for	question and	5	4	3	2	1
<b>3</b>	6.	Overall, I am sati	sfied with this ses	sion.		5	4	(3)	2	1
				Director Col	lege					

### YOGA SESSION

2) Roll No 2/023/07 00004

Semester

		Please respond indicate the extended circle the number	to the following S ent to which you o er that applies	statements L agree or dis	by using the 5 agree with ea	point i ch stat	rating emen	scale t. Plea	to ase	
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)			Questions				Ar	nswer	's	
	1.	Workshop / Ser meet.	minar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
ı	3.	The information useful.	and/or skill prese	nted were r	elevant and	5	4	3	2	1
0	4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s answer them sat	) provided adequa isfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am sati	sfied with this ses	ssion.		5	4	3	2	1

R.D. En panering College

### YOGA SESSION

Semester\_

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			Questions				An	swer	's	
	1.	Workshop / Sen meet.	ninar objectives v	vere stated	clearly and	5	4	3	2	1
	2.	The workshop / S	Seminar was well	organised.		5	4	3	2	1
ŧi	3,	The information auseful.	and/or skill prese	nted were r	elevant and	5	4	3	2	1
	4.	The workshop inc	creased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s) answer them sati	provided adequa sfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am satis	fied with this ses	ssion.		5	4	3	2	1
				0						

### YOGA SESSION

1) Name Agiba

Semester II Date 21/06

	5= Excellent 4= Very good 3=Good 2=Average	1= B	elow A	Averag	ie	
	Questions		A	nswer	's	
1	Workshop / Seminar objectives were stated clearly and meet.	5	4	3	2	1
2	t. 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	î
6	Overall, I am satisfied with this session.	5	4	3	2	1

### YOGA SESSION

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

2) Roll No 2 1023 10 7 000 10

Semester

Branch \_\_MBA

	circle the number that applies	err state	emen	i. Piec	ise	
	5= Excellent 4= Very good 3=Good 2=Average	1= Be	low A	Averag	ie	
	Questions		Ar	ıswer'	's	
1	. Workshop / Seminar objectives were stated clearly and meet.	(5)	4	3	2	1
2	. The workshop / Seminar was well organised.	5	4	3	2	1
3	. The information and/or skill presented were relevant and useful.	5	4	3	2	1
4.	The workshop increased my knowledge and skills.	5	4	3	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
6.	Overall, I am satisfied with this session.	5	4	3	2	1

### YOGA SESSION

2) Roll No 21023 107 00012

Semester\_\_

Branch MBA

		Please respond indicate the ext circle the numb	to the following S ent to which you er that applies	Statements i agree or dis	by using the 5 agree with ea	point ch stat	rating emen	scale t. Pled	to ase	
		5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	ge .	
			Questions				Ar	nswer	's	
	1.	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
	2.	The workshop /	Seminar was well	organised.		(5)	4	3	2	1
	3.	The information useful.	and/or skill prese	ented were i	relevant and	5	4	3	2	1
•	4.	The workshop in	ncreased my know	ledge and s	kills.	5	4	3	2	1
	5.	The presenter(s	) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
	6.	Overall, I am sat	isfi <b>ed with t</b> his ses	ssion.		5	0	3	2	1
			R.D.	Director Engineering Cultal, Ghaziat	college			601	ing	2

### YOGA SESSION

2) Roll No 2/023/0700014

	5= Excellent	4= Very good	3=Good	2=Average	1= B	elow A	Averag	е	
		Questions				Ar	ıswer'	s	
1.	Workshop / Se meet.	minar objectives v	were stated	clearly and	5	4	3	2	1
2.	The workshop /	Seminar was well	organised.		5	4	3	2	1
3.	The information useful.	and/or skill prese	nted were	relevant and	(5)	4	3	2	1
4.	The workshop in	creased my know	ledge and s	kills.	5	4	3	2	1
5.	The presenter(s	) provided adequatisfactorily.	ate time for	question and	5	4	3	2	1
6.	Overall, I am sati	sfied with this ses	Director Englishing C		5	4	3	2	1

### YOGA SESSION

2) Roll No 2102310700016

Branch \_\_\_MBA

	Please respond to the following Statements by using the 5 pindicate the extent to which you agree or disagree with each circle the number that applies	point rating h statemen	scale : t. Plea:	to se	
	5= Excellent 4= Very good 3=Good 2=Average	1= Below A	verage	?	
	Questions	Ar	swer's		
1.	Workshop / Seminar objectives were stated clearly and meet.	5 4	3	2	1
2.	The workshop / Seminar was well organised.	5 4	3	2	1
3.	The information and/or skill presented were relevant and useful.	5 4	3	2	1
4.	The workshop increased my knowledge and skills.	5 4	3)	2	1
5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5 4	3	2	1
6.	Overall, I am satisfied with this session.	5 4	3	2	1
	R.D. Engineering College Duhai, Ghaziabad	6	ering	(3)	

### YOGA SESSION

1) Name Dinesh KUMON

Date 21/06 2022

	Please respond to the following Statements by using the 5 pindicate the extent to which you agree or disagree with each circle the number that applies	point rating scale to h statement. Please
	5= Excellent 4= Very good 3=Good 2=Average	1= Below Average
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	<ol> <li>Workshop / Seminar objectives were stated clearly and meet.</li> </ol>	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
	<ol> <li>The presenter(s) provided adequate time for question and answer them satisfactorily.</li> </ol>	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 Dunin, Ghaziabad

### YOGA SESSION

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

2) Roll No 2102310 700021

Semester

Branch MBA

1) Name Harsh Aganwal

		indicate the extent to which you circle the number that applies	agree or dis	agree with ea	ch statem	ent. Ple	ase	
		5= Excellent 4= Very good	3=Good	2=Average	1= Belov	v Avera	ge	
9		Questions				Answer	r's	
	1.	Workshop / Seminar objectives meet.	were stated	clearly and	5 (4	) 3	2	1
	2.	The workshop / Seminar was we	ll organised.		5 4	3	2	1
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	4.	The workshop increased my know	wledge and s	kills.	5 (4	3	2	1
	5.	The presenter(s) provided adequanswer them satisfactorily.	uate time for	question and	5 (4	3	2	1
	6.	Overall, I am satisfied with this se		*	5 4	3	2	1
			Direct R.D. Enginee Duhai, Gh	ring College naziabad	(ine	ering	Ser.	

### YOGA SESSION

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

2) Roll No 2/023/07 00023

Semester

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

Director R.D. Engineering College Duhat, Ghazianad

### YOGA SESSION

2) Roll No 2/23/07 000

	Please respond to the following Statements by using the 5 planticate the extent to which you agree or disagree with each circle the number that applies	point ra h state	ting : ment	scale . Plea	to se	
	5= Excellent 4= Very good 3=Good 2=Average	1= Bel	ow A	verag	e	
0-	Questions		An	swer'	S	
1.	Workshop / Seminar objectives were stated clearly and meet.	5 (	4	3	2	1
2.	The workshop / Seminar was well organised.	5	4 (	3	2	1
3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
<b>4</b> .	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 Cottege			Engine	ring	So We so

### YOGA SESSION

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

Semester

		indicate the extent to which you agree or disagree with each circle the number that applies	h state	emen	t. Plea	ise	
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	2.	The workshop / Seminar was well organised.	5	4	3	2	1
	3.	The information and/or skill presented were relevant and useful.	5	4	3	2	1
	4.	The workshop increased my knowledge and skills.	5	4	3	2	1
	5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	5	4	3	2	1
	6.	Overall, I am satisfied with this session.	5	4	3	2	1

### YOGA SESSION

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

2) Roll No 2/023/07 000 30

Semester\_

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6.	Overall, I am satisfied with this session.	5	4		2	1
	Director R.D. Engineering College Duhai, Ghaziabad		Big	oring	Come	)

### YOGA SESSION

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R.D. Engrieering College Duftin Laziabad

### YOGA SESSION

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

2) Roll No 2/023/07 0003

Semester

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### YOGA SESSION

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	5.	The presenter(s) provided adequate time for question and answer them satisfactorily.	(\$)	4	3	2	1
	6.	Overall, I am satisfied with this session.	5	0	3	2	1
		R.D. Engineering College Duhal, Ghaziabad		50	ering	13	

### YOGA SESSION

2) Roll No 21023 107000387

Semester 1

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	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
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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.	(3)	4	3	2	1
		Director R.D. Engineering Colleg Duhai, Ghaziabad	ge		cerir	8	

### YOGA SESSION

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## RD ENGINEERING COLLEGE NAAC CRITERIA –5.1.2

(Capacity building and skills Initiatives)

MCA Department

Session: 2021-2022

Topics: Yoga Session

Date: 21/06/2022

Director R.D. Engineering College Duhai, Ghaziabad



# R. D. ENGINEERING COLLEGE

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

Ref	Dete
RCI	Date

### **Notice**

This is hereby informed to all the students of MCA that R.D Engineering College is celebrating a **International Yoga Day** on 21<sup>st</sup> June 2022 at 7:00am. Interested students are requested to attend program and benefits from the same.

Faculty coordinator for above program is Mr. Niraj Chaturvrdi. Contact him for any further queries or difficulties.

Prod. Ashittosh Pradhan (Head, MCA)

CC:

Director

Registrar

**IQAC** 

Departmental Notice Board

Hostel Notice Board

Director College Duhai, Ghaziabad

# Department of MCA

### Session 2021-2022 REPORT OF YOGA SESSION CONDUCTED FOR MCA STUDENTS

Topic: Yoga Session

Speaker-: Mr. Vivek Bhardwaj

Date: 21/06/2022 Time: 7:00 AM Venue: Ground 1

Approximate 66 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**

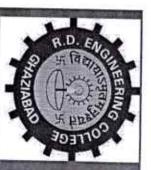
- Physical Health
- Mental Well-being
- **Emotional Balance**
- Spiritual Growth
- Holistic Health

### 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

lead

Director R.D. Engineering College Duhai, Ghaziabad

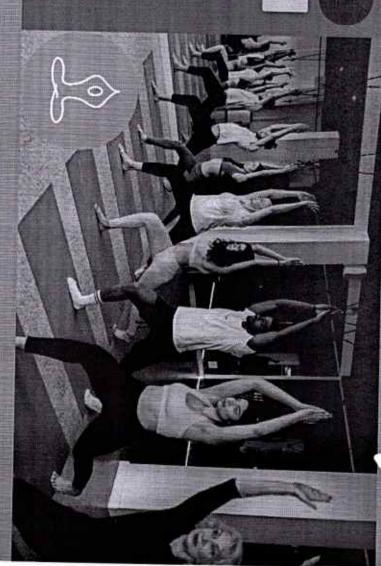


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DATE -21/06/2022

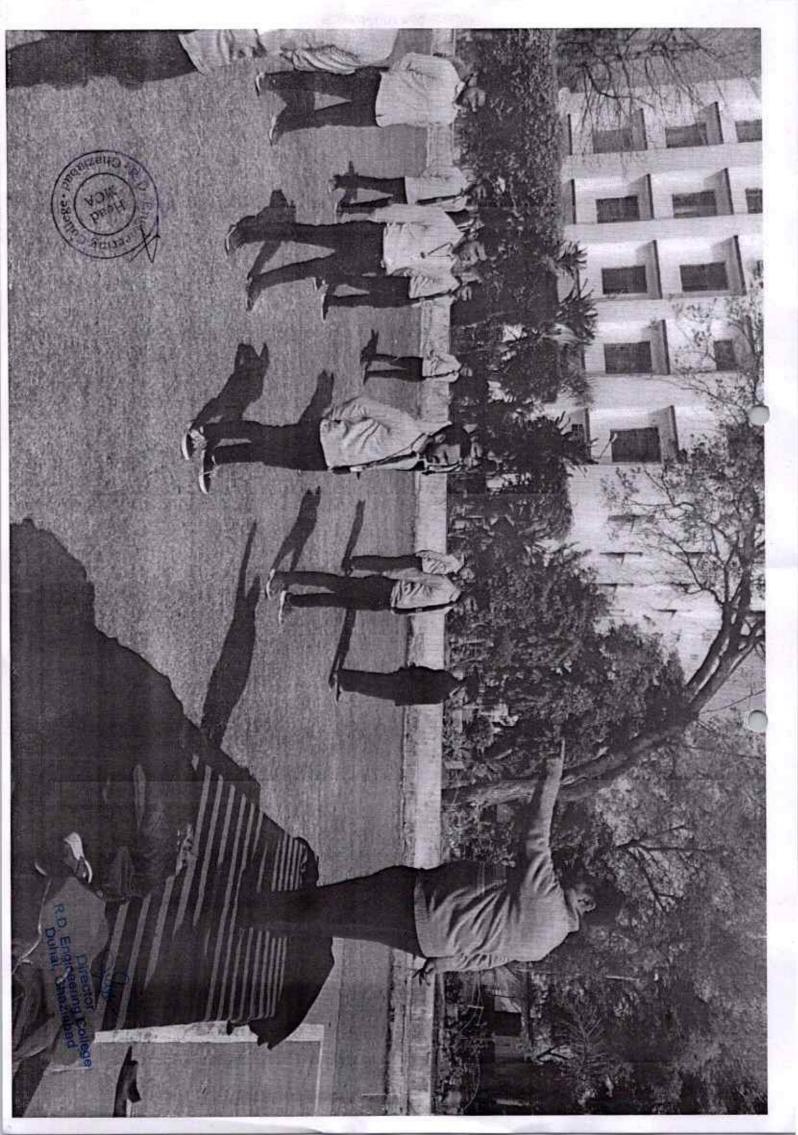
# YOGA SESSION

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





Director
R.D. Engineering College
Duhai, Ghaziabad



## 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, Ghaziahad





### Invitation for Seminar

3messages

hodmca<hod\_mca@rdec.in> To:"vivekbhardwajyogsaadhak@gmail.com"<vivekbhardwaj81> Sat, June11,2022 at 12:11 PM

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> To:hod mca<hod\_mca@rdec.in>

Mon, June 13, 2022 at 5:57 PM

Dear Sir,

Thanks for your invitation.

I will be available forthe seminar on June21, 2022 .Kindly manage accordingly.

Thanks and regards,

Vivek Bhardwaj [Quotedtexthidden]





# ATTENDANCE OF MCA STUDENTS PARTICIPATED IN ORGANISED BY R.D.ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC DATED: 2/06/22

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R.D. Engineering College

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### ATTENDANCE OF MCA STUDENTS PARTICIPATED IN

UNDER THE AEGIS OF IQAC DATED: 2 | 66 | 22 yoga session

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42	2002310140045	VISHWAKARMA PANDEY	Ghaziabad	Ghaziah

### Yoga Exercise

Branch	MCA		Semester	2 nd	som	Date	21/06/22
1) Name _	AADIL	ALI			2) Roll No	210	23/0140001
Please re	spand to th	e follo	wina State	ment	to indicate t	ho ovt	ant to which

Please respond 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.	/	*2		
5	I will use these meditation techniques im my daily life.	_			
6	I will use these yoga postures and stretching exercises in my daily life.		~		¥
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)

Director R.D. Engineering College Duhai, Ghaziabad



#### Yoga Exercise

Branch _	MCA	Semester 2 40	Da	ate21	06	22
1) Name	PAKANSHA	TYALL	2) Roll No 2	102310	140	2002

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

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



#### Yoga Exercise

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.		_		
3	I will use these breathing exercises to help me in my daily life.			81	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		(#)		
5	I will use these meditation techniques im my daily life.	~			
6	I will use these yoga postures and stretching exercises in my daily life.		+		
7	In general what I have learned in this class will be helpful in my everyday life.	4			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)



#### Yoga Exercise

Branch	MCA	Semester	2 vd	sem	Date_	21/06/22
1) Name _	Abhishekka	brand		2) Roll No	210	2310140005

n.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	~			
2	The breathing exercises I learned to calm me were effective.	/			
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	/			11
6	I will use these yoga postures and stretching exercises in my daily life.	1			E
7	In general what I have learned in this class will be helpful in my everyday life.		/		
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	0





#### Yoga Exercise

Branch _	MCA	Semester	249		Date_	21	1061	122
1) Name	ARHISHEK	SHARMA		2) Roll No	210	2310	1400	006

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





#### Yoga Exercise

e₹	1) Name Abbisher. Verma Please respond to the following Statements to agree or disagree with each statement. P	to indicate	the extent to	which yo	ou
D.No	applies  Questions	A great	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.		7		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		~		
5	I will use these meditation techniques im my daily life.		/		
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(4	ES	NO	)

#### Yoga Exercise

Branch _	MCA	Semester_	2 nd	som	Date_ 21/06/22
1) Name	Abhishek Ve	ma		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.		<u> </u>		0
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~		• _	
5	I will use these meditation techniques im my daily life.				14
6	I will use these yoga postures and stretching exercises in my daily life.	~			
7	In general what I have learned in this class will be helpful in my everyday life.	1	*		
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	)



#### Yoga Exercise

Branch	MCA	Semester 2ND		Date_2	106%	2
1) Name _	ANIT	KUMAR SHARMA	2) Roll No	2/023	10140	009

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.	V			
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
5	I will use these meditation techniques im my daily life.		V		-
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	V			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	0



#### Yoga Exercise

n.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness			2	
2	The breathing exercises I learned to calm me were effective.	~			
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<u></u>		
5	I will use these meditation techniques im my daily life.				×
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.				
0	I would recommend this yoga class to	(Y	ES	N	)



#### Yoga Exercise

Branch _	MCA		Semester_	2nd sem		Date_	21	106/22	
1) Name	Ashu	kuman			2) Roll No	210	231	0140012	

Please respond 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.	V		-	
3	I will use these breathing exercises to help me in my daily life.		V		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
) 5	I will use these meditation techniques im my daily life.		<u></u>		
6	I will use these yoga postures and stretching exercises in my daily life.				7
7	In general what I have learned in this class will be helpful in my everyday life.	/			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	o



#### Yoga Exercise

Branch _	MCA	Semester	249	Date_	21	100	122	
1) Name	AUNISH	KUMPR	2) Roll No	210	236	1400	2/3	

).No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	~		1.	
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	0





### Yoga Exercise

Branch						06/22
1) Name	Bhing	endra	Human	2) Roll No	2/02	3/0/40014
	spond to the fo disagree with					

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.		13	=	
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	<u></u>	4		
7	In general what I have learned in this class will be helpful in my everyday life.	سا	4		
8	I would recommend this yoga class to other.make circle one:	(Y	ES)	NO	)





#### Yoga Exercise

Branch	MCA	Semi	ester_	2 nd	som	Date 21/06/2022
1) Name _	Doepak	Bhandari	_		2) Roll No	2102310140016

Please respond 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.				
	I will use these meditation techniques im my daily life.	/			
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	V			
8	I would recommend this yoga class to other.make circle one:	(Y	ES)	NO	)



#### Yoga Exercise

Branch _	MCA	Semester	2 ud	Date_	21	106	/22	
1) Name	Decrok	KUMPR	2) Roll No	210	23 k	0140	017	

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

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		V		
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	V			Tipo
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	V			III -11
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	(v	ES	N	)



#### Yoga Exercise

2) Roll No

1) Name

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

#### Yoga Exercise

Branch _	MCA	Semester_	2"0	SIm		Date_	21	06	22	
1) Name	Gaway	shartma			2) Roll No	210	23	101	40030	

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





#### Yoga Exercise

Branch _	MCA	Semester	2ud		Date 21	106	/22	
1) Name	GEATA	RAGHAN		2) Roll No	10	1		

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	/			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	/			
7	In general what I have learned in this class will be helpful in my everyday life.		4		
8	I would recommend this yoga class to other.make circle one:	A	ES	NO	0





#### Yoga Exercise

Branch Semester 2	Sem	Date 21 6	06/2	2
1) Name gungan singh	2) Roll No	2162	3/0/4	00.
Please respond to the following Statements of agree or disagree with each statement. Papplies				
Questions	A great deal	Moderately	A little	Not a
The activities in the yoga class left me with an overall feeling of wellness		7.		
The breathing exercises I learned to calm me were effective.		~	-	

No

1

2

3 in my daily life.

I will use these meditation techniques im my
daily life.

I will use these yoga postures and stretching
exercises in my daily life.

In general what I have learned in this class will
be helpful in my everyday life.

I would recommend this yoga class to
other.make circle one:

NO

I will use these breathing exercises to help me

The yoga postures and stretching exercises I

4 learned reduced the stiffness in my body.



#### Yoga Exercise

Branch _	MCA	Semester_	2 nd	200	Date_	21/06/22
1) Name _	Harsh sharmer			2) Roll No	2102	3/0/40023

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
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.	V			
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	3	~		
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NC	)



#### Yoga Exercise

Branch _	MCA	Semester	2 ud	Date	21/06	/22
1) Name	HARSH	VARDHAN		2) Roll No 211		

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				v
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				14.
6	I will use these yoga postures and stretching exercises in my daily life.	<u></u>		-	
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	o o





### Yoga Exercise

applies

Branch	mcA	Semester	Date Date	21	06/2022
1) Name	Himanshu	spirastara	2) Roll No	1023	10140025
	A	owing Statements to each statement. Pla			

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



#### Yoga Exercise

Branch _	MCA	Semester_	2 nd	Sim	Date_	21/06/22	
1) Name	Hinanshu Ta	man		2) Roll No	210	2310140026	

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

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



#### Yoga Exercise

Branch MCA	Semester 24d	Date 21/06/22
1) Name KAMINI		2) Roll No 2102810140027

●.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V	e e		
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.		0		
8	I would recommend this yoga class to other.make circle one:	C	ES	NO	)





### Yoga Exercise

Branch	MCA	Semester	and	Sen	Date_	211	106/	20	×
1) Name _	priston	shouma					VX	4002	9
Diagra ra	snand to the fall	outlan Ctatan		ta alta a a con	SE AL MEDISTRADA				15.

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

No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		_		
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				22
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	o



#### Yoga Exercise

Branch _	WC#	Semester_	2 70	28 m	Date_	21/06/22	
1) Name	Laukush Tyagi			2) Roll No	210	23/0140 031	

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





#### Yoga Exercise

Branch	MCA	Semester	244		Date 21	106	/22
1) Name	LAKSHIT C	HAUHAN	1	2) Roll No	21023	1016	10030

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

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



### Yoga Exercise

Branch _	MCA	Semester	2	com	Date	211	06/22
1) Name _	·m ushar	raf Ahr	ned	2) Roll No	21	0231	6140034
Please re	spond to the fo	llowina State	nents t	to indicate i	the ext	ent to w	hich you

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

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



#### Yoga Exercise

Branch _	MCA	Semester_	2 nd	som	Date_ 21/01/72
1) Name	Mansi soin			2) Roll No	21023/0140033

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.		<u> </u>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	~			
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)





#### Yoga Exercise

Branch	MCA	Semester_	2 ud		Date 21	106	22
1) Name _	MADHUI D	INIT		2) Roll No	21013/1	0141	00.22

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





### Yoga Exercise

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

#### Yoga Exercise

Branch _	MIA	Semester_	2 nd	sim	Date_	21/06/22
1) Name	Navien Kuman			2) Roll No	210	2310140037

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

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		V		
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.		<b>1</b>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		V		
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.	~	27		
8	I would recommend this yoga class to other.make circle one:	(Ý	ES)	NO	o .



### Yoga Exercise

Branch	MCP	Semester_	249		Date_	21	106	/22	
1) Name _	NAKUL			2) Roll No	210	1231	0140	026	

Please respond 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.		9		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.		/		
7	In general what I have learned in this class will be helpful in my everyday life.		(6		
8	I would recommend this yoga class to other,make circle one:	(Y	ES	NO	)



### Yoga Exercise

Branch	MCA	Semester	2	Sen	Date_	21	106	22
1) Name _	NISha			2) Roll N	0_21	123/	014	0038
Please re	spand to the falla	wina State	mente	to indicate	the out	ont to		

Please respond 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.	<u></u>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				-
6	I will use these yoga postures and stretching exercises in my daily life.	_			
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(V	ES	NO	ס



### Yoga Exercise

Branch _	MCA	Semester_	and	SIM		Date_ 2//08/22
1) Name	Nishant tyagi				2) Roll No	21 023 0140 039
Please r	espond to the follo	wina Stat	eme	nts to	indicate t	he extent to which you

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.	~			
3	I will use these breathing exercises to help me in my daily life.		V		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
5	I will use these meditation techniques im my daily life.	V	-		
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in my everyday life.	V			12
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	0



## Yoga Exercise

Branch	MCA		mester2	ud	_	Date 2	06/22	-0.00
1) Name	PANKAJ	KUMPR	KUSHWA	HA 2)	Roll No	2102310	140041	
	respond to t or disagree							

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V	<u>z</u>		
5	I will use these meditation techniques im my daily life.		/		85
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in my everyday life.	V.		G	
8	I would recommend this yoga class to other make circle one:	(Y	ES	N	0



### Yoga Exercise

Semester 2 Sen

	Please respond to the following Statements to agree or disagree with each statement. Plapplies	o indicate		which y	ou
No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.		$\sim$		
3	I will use these breathing exercises to help me in my daily life.		18		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		21		
5	I will use these meditation techniques im my daily life.				. 1
6	I will use these yoga postures and stretching exercises in my daily life.	*	~		
7	In general what I have learned in this class will be helpful in my everyday life.				
Q	I would recommend this yoga class to	(Y	ES	NO	)



8 other.make circle one:



#### Yoga Exercise

Branch	MCA	Semester_	2 40	sim	Date_	21/06/22	
1) Name _	Parmod Kuman			2) Roll No	5/05	310140044	

Please respond 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.		4		
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	~			
6	I will use these yoga postures and stretching exercises in my daily life.		/		
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	)



## Yoga Exercise

Branch _	MCA	Semester	2nd	Date	21/06	/22
1) Name	PRASHANT,	KUMAR	2) Roll No	210	23/014	00 45

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

.No	Questions	A great deal	Moderately	A little	Not at all
. 1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	V			11
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				10
5	I will use these meditation techniques im my daily life.				k1
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	· .



#### Yoga Exercise

Branch MCA Semester\_

1) Name Prateck fyoy;

		Please respond to the following Statements to agree or disagree with each statement. Papplies	to indicate lease tick	the extent to right the nur	which yo nber th	ou at
):./	Vo	Questions	A great deal	Moderately	A little	Not at
	1	The activities in the yoga class left me with an overall feeling of wellness				
	2	The breathing exercises I learned to calm me were effective.				
	3	I will use these breathing exercises to help me in my daily life.				
	4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
)	5	I will use these meditation techniques im my daily life.		74		-1
	6	I will use these yoga postures and stretching exercises in my daily life.				
	7	In general what I have learned in this class will be helpful in my everyday life.		$\overline{}$		
	R	I would recommend this yoga class to	(Y	ES	NO	)

## Yoga Exercise

Branch _	MCA	_ Semester	2 21 ~	Date_ 21 /06/22
1) Name	Pori yanshu sk	dnivas towa	2) Roll No	21023/0140047
Please r	espond to the	following State	ments to indicate	the extent to which you

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

No.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness		-		
2	The breathing exercises I learned to calm me were effective.	~			
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
) 5	I will use these meditation techniques im my daily life.		1		
6	I will use these yoga postures and stretching exercises in my daily life.	~			
7	In general what I have learned in this class will be helpful in my everyday life.		27		
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)



#### Yoga Exercise

Branch _	MY	Semester_	249		Date 2	106/02
1) Name _	RAHI	Typhi		2) Roll No	2/023	10140048

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	~			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				2
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		is		
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	20		1	
7	In general what I have learned in this class will be helpful in my everyday life.	1			F.
8	I would recommend this yoga class to other.make circle one:	(v	ES	N	0



## Yoga Exercise

Branch _	MCA	Semester	2 nd	Sen	Date_	21	106	12022
1) Name _	Rojon	Kumas.		2) Roll f			7	0649

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				7
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.		7		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	. ~			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	27	<u> </u>		
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	0



#### Yoga Exercise

Branch	MrA	Semester_	2 70	sim	Date ? 1/06 / २२
1) Name _	Ragal Tragi			2) Roll N	0 21023 10140050
Please re	spond to the follo	wing Stat	emen	ts to indicate	the extent to which you

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

applies

8 other.make circle one:

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





NO

#### Yoga Exercise

sud

I will use these yoga postures and stretching

In general what I have learned in this class will

6 exercises in my daily life.

8 other.make circle one:

be helpful in my everyday life.

I would recommend this yoga class to

.No

	1) Name ROHIT KUMAR  Please respond to the following Statements to agree or disagree with each statement. Plants	to indicate		which yo	
lo	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		~		
5	I will use these meditation techniques im my daily life.				





NO

YES

## Yoga Exercise

Please respond to the following Statements to indicate the extent to which you

2) Roll No \_

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

## Yoga Exercise

Branch	MIA	Semester	2 nd	SIM	Date 21/06/22
1) Name _	Roshan	Mauritya		2) Ro	11 No 21023 10140 054

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	V	=		
2	The breathing exercises I learned to calm me were effective.		_		
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.			+	14
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	)



## Yoga Exercise

Branch _	MCA	Semester_	24d	Date 2/	1/06/22
1) Name	RUPAL	TYALI	2	2) Roll No 2/023	3014005

Please respond 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.	7.			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	o





## Yoga Exercise

Branch	men	Semester	2	Sen	Date	2/	106/22
1) Name _	sadoto	·Ali		2) Roll No	-2	02	3/014007

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

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



## Yoga Exercise

Branch _	MO A	Semester_	2 nd	Sim	Date_	21/06/22
1) Name _	Sadah ALi			2) Roll No	210	+200plo18

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

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





## Yoga Exercise

Branch	MCP	Semester	240	Date_ 2	1/06	1.22
1) Name _	SAUAR	STROHL		2) Roll No 2/023	1014	00.50

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

).No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.			(S)	
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		V		
5	I will use these meditation techniques im my daily life.	/	. 4		
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	0



#### Yoga Exercise

Branch MCA Semester 6.  1) Name Sunjeen Kuman	Ser 2) Roll No	Date 210	3/01	2 0059
Please respond to the following Statements to agree or disagree with each statement. Plapplies	to indicate	the extent to	which y	ou
Questions	A great deal	Moderately	A little	Not at
he activities in the yoga class left me with an verall feeling of wellness				
he breathing exercises I learned to calm me ere effective.				

.No

T T W 2 I will use these breathing exercises to help me 3 in my daily life. The yoga postures and stretching exercises I 4 learned reduced the stiffness in my body. I will use these meditation techniques im my 5 daily life. I will use these yoga postures and stretching 6 exercises in my daily life. In general what I have learned in this class will be helpful in my everyday life. I would recommend this yoga class to YES NO 8 other.make circle one:



## Yoga Exercise

Branch	MCA	Semester 2 "So -	Date21/06/22
1) Name _	Shivoni pal	2) R	oll No 210231014006

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

●No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness		<u>&gt;</u> -	8	
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		~		
7	In general what I have learned in this class will be helpful in my everyday life.	V			
. 8	I would recommend this yoga class to other.make circle one:	Y	ES	N	9



## Yoga Exercise

Branch	MCA	Semester	240	G/	Date	21	1061	22	
1) Name _	SHAYUN	TXALL		2) Roll No		7			

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

No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	1			
- 4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				0
5	I will use these meditation techniques im my daily life.	-			
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in my everyday life.	5			
8	I would recommend this yoga class to other.make circle one:	(v	ES	NO	o o



## Yoga Exercise

Semester

No

7

I would recommend this yoga class to

8 other.make circle one:

	1) Name Shahom Stirosfora		2/02							
	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									
lo	Questions	A great deal	Moderately	A little	Not at					
1	The activities in the yoga class left me with an overall feeling of wellness		7	92						
2	The breathing exercises I learned to calm me were effective.									
3	I will use these breathing exercises to help me in my daily life.				2					
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.									
5	I will use these meditation techniques im my daily life.				A					
6	I will use these yoga postures and stretching exercises in my daily life.		-							
7	In general what I have learned in this class will be helpful in my everyday life.									

R.D. Engineering College Duhai, Ghaziabad



NO

YES

## Yoga Exercise

Branch	MCA	Semester_	2 44	91 m	Date_	21/06/22
1) Name	sum't,	Kuman		2) Roll No	_310	2310140063

Please respond 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.	h1	1		
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.		V		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	)



## Yoga Exercise

Branch	MCA	Semester_	240		Date 21	06	122
1) Name _	UTKAPSH"	TIWDA		2) Roll No	2/023/	014	0064

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

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				36
6	I will use these yoga postures and stretching exercises in my daily life.				t file
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(v	ES	N	0



#### Yoga Exercise

Branch	MCA	Semester	2- Sien	Date	21	100	12
1) Name _	Uw Ajsh	khon	2) Roll No	21	0231	6140	666

Please respond 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.			- 19	
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.		_		
8	I would recommend this yoga class to other.make circle one:	(v	ES	N	o .





## Yoga Exercise

Branch _	MCA	Semester_	2nd sim	Date_	21	06/12	
1) Name	valbhau	sharra	2) Roll No	210	2310	140067	

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

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

#### Yoga Exercise

Branch	MCA	Semester	240	Date 2166	/22
1) Name _	VANDUA	TYALI	2) Ro	II No 21023/	5140068

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

No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	~			70
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	v			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	V			
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)



## Yoga Exercise

Branch	Semester	Date_	21	06/2023
1) Name Va	28/a tyogi	2) Roll No 2/	003	10140069
	e following Statements vith each statement. I			

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





#### Yoga Exercise

Branch	MCA	Semester_	and sem	Date 21/06/28
1) Name _	Visay	shingh	2) Roll No	2102310140071

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

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.		/		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	10			
5	I will use these meditation techniques im my daily life.	V			100
6	I will use these yoga postures and stretching exercises in my daily life.	V			
7	In general what I have learned in this class will be helpful in my everyday life.	1			
. 8	I would recommend this yoga class to other.make circle one:	(Y	ĒS	NO	)





## Yoga Exercise

Branch _	MCA	Semester	MCA 249 Sen	Date_	21	106	/22
1) Name _	VIKKI		2) Roll No	210	2310	114	0072

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

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



#### Yoga Exercise

Branch	MCA	Semester_	270	81 m	Date_ 21   06 / 2 2
1) Name	t nigiv	yagi		2) Roll	No 2102310140 074

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

n.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				**
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		×.	*	
5	I will use these meditation techniques im my daily life.		~		
6	I will use these yoga postures and stretching exercises in my daily life.	V	180 2		
7	In general what I have learned in this class will be helpful in my everyday life.		V		
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	o

Director
R.D. Engineering College
Duhai, Ghaziabad
Duhai, Ghaziabad
Angineering
Head
MCA

#### Yoga Exercise

Branch _	MCA	Semester	249		Date	21	106	122
1) Name _	UISHAL	CHAUHAN		2) Roll No	210	23/	140	250

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

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



## Yoga Exercise

Branch	MCA	Semester_	and	21 ~	Date_	21	106/2.	2
1) Name _	Yash tyagi			2) Roll No	210	23	1014009	76

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	1			
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.	~			-
6	I will use these yoga postures and stretching exercises in my daily life.		V		
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	Y	ES	N	0



## Yoga Exercise

Branch	MCA	Semester	249	Date 21/06/22
1) Name	YATIN	TYAUL	2) R	ROII NO 21023/0140078

Please respond 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.	P			
5	I will use these meditation techniques im my daily life.				=
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(V	ES	N	)





## Yoga Exercise

Branch _	MCA	Semester_	ЧТН	Date_	21	106	125
1) Name	AABAD	HAJAN	2) Roll No	200	221	0/4	000/

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

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



## Yoga Exercise

Branch	MCA	Semester_	yn	Sa	Date_	21	06	22
1) Name	Aanya ty	a gi		2) Roll I	No 200	2310	140	002
220	20 00 52	200						

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

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



#### Yoga Exercise

Branch	MCA	Semester_	ЧТН		Date	21/06/22
1) Name _	ALOK KU	MAR		2) Roll No	200	2310140004

Please respond 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.	1			5
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.				8
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	~			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	ס



## Yoga Exercise

Branch	MIA	Semester	yen		Date_	21	106/22
1) Name _	Alox Rada	bautan		2) Roll No	200	231	0140005

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.		1		
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.			165 122	
5	I will use these meditation techniques im my daily life.		1		h *
6	I will use these yoga postures and stretching exercises in my daily life.	1			
7	In general what I have learned in this class will be helpful in my everyday life.	7	1		
8	I would recommend this yoga class to other.make circle one:	(Ý	ES	NO	o



#### Yoga Exercise

Branch _	ADM	Semester	414		Date_	51/06/22
1) Name _	ANJAH	TYPEL		2) Roll No		2310140007

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

.No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	1			
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				25
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)



## Yoga Exercise

Branch _	MCA	Semeste	r_ 4.	m sem	Date_	21/06/27	_
1) Name	Anki	singh	٠	2) Roll N	10 2 00	23 10 140 00 1	8
Please i	respond to th	ne following Sto	atement	s to indicate	the ext	tent to which y	ou
agree o	or disagree	with each stat	tement.	Please tick	riaht t	the number th	at

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	1	-		
2	The breathing exercises I learned to calm me were effective.		1		
3	I will use these breathing exercises to help me in my daily life.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		· V		
7	In general what I have learned in this class will be helpful in my everyday life.	~	8		
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	0





## Yoga Exercise

Branch _	MCA	Semester_	YTH	Date_	21	Ture 22
1) Name	ANUBHAN	KAUSHIK	2) Roll No	200	23/0	14000

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

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.		*		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	~			-
5	I will use these meditation techniques im my daily life.				N
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.	0			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	o





#### Yoga Exercise

Branch _	MCA	Semester_	uth sen	Date	21/6/22
1) Name	Comman	Row	2) Roll	No 2 002	3101400011
Please r	espond to the f	ollowing State	ements to indicat	te the exte	ent to which you

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

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<b>✓</b>		0
5	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		~	•	- "
7	In general what I have learned in this class will be helpful in my everyday life.	1			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)



#### Yoga Exercise

Branch _	MCA	Semester	4TH	Date 21-6-22
1) Name _	HIMANSHU	PAL	2) Ro	DII NO 20023/01400/3

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





### Yoga Exercise

Branch	MIA	Sen	nester¹	ythsen		Date	2	21-6-	22
1) Name _	5/ten	ru Kuman		2)	Roll No	20	023	101400	14
				nents to ind					
agree or	disagree	with each	stateme	ent. 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.	$\checkmark$			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		~		
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	$\mathcal{N}$			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)



#### Yoga Exercise

Branch	MCO	Semester 479	Date21-6-22_
1) Name _	KAJAL		2) Roll No 20023/0140016

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





## Yoga Exercise

Branch	MCH	Semester	yen	Date	21-	6-22
1) Name	Manan	Kumar	2	Roll No 2 or	023101	40014
Please res agree or applies	pond to the fol disagree with	lowing State each staten	ments to inc nent. Please	dicate the e	extent to	which you mber that

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.		V		
3	I will use these breathing exercises to help me in my daily life.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	17	1		24
5	I will use these meditation techniques im my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.			*	
7	In general what I have learned in this class will be helpful in my everyday life.	V			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)





## Yoga Exercise

Branch	MCA Semester	yen	Date	21/06/23
1) Name	02310140018	2) Roll No	/	Injuly
	nd to the following Sta agree with each state			

).No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.		/		
3	I will use these breathing exercises to help me in my daily life.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		1		
5	I will use these meditation techniques im my daily life.				5.0
6	I will use these yoga postures and stretching exercises in my daily life.	/			
7	In general what I have learned in this class will be helpful in my everyday life.	1			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	NO	)





#### Yoga Exercise

Branch _	MCA	Semester_	4174		Date_	21-6-22
1) Name _	KRISHNA			2) Roll No	200	23/0140019

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





#### Yoga Exercise

Branch	MCA	Semester	uth		Date_	2	1-6-22
1) Name _	CHOM	Faizagalan		2) Roll No	200	1231	0140020

).No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	~ ~			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		1	1/1	
5	I will use these meditation techniques im my daily life.	1	22		
6	I will use these yoga postures and stretching exercises in my daily life.		1		
. 7	In general what I have learned in this class will be helpful in my everyday life.	1			
8	I would recommend this yoga class to other.make circle one:	6	ES	NO	0





#### Yoga Exercise

Branch	8 MOD	Semester 47H	Date 21-6-22
1) Name _	NEERAJ	- v	2) Roll No 20028101 40023

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





#### Yoga Exercise

Branch	MCA	Semester_	you		Date	21-6-22
1) Name	Wishant	Sharmee		2) Roll No	2002	10140024

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





#### Yoga Exercise

Branch	MAP	Semester	YTH	Date_	21-6-22
1) Name _	POOJA	KUMBRI	2) Roll No	200	23/0140027

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

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	V			
2	The breathing exercises I learned to calm me were effective.	0			
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	V			
<b>a</b> 5	I will use these meditation techniques im my daily life.		~		v
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	(4	ES	NO	0



#### Yoga Exercise

Branch _	MCA	Semester_ 4 M		Date	21-6-22
1) Name _	Perad	i stogh	2) Roll No	200	2310400 98
	AV.		estimate universal		

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	/			
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.	V			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				**
2 <sub>5</sub>	I will use these meditation techniques im my daily life.	1			
6	I will use these yoga postures and stretching exercises in my daily life.		V		14
7	In general what I have learned in this class will be helpful in my everyday life.	1			
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	0





#### Yoga Exercise

Branch	MCA	Semester 47#	Date 21-6-22
1) Name	PRATIMA	PANDRY	2) Roll No 20023 1014063 U

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

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



#### Yoga Exercise

Branch MCA Semester um sum

1) Name Ray Kuman

I would recommend this yoga class to

8 other.make circle one:

.No

	Please respond to the following Statements agree or disagree with each statement. Papplies	to indicate		which y	ou
lo	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness				y.
2	The breathing exercises I learned to calm me were effective.		V -		
3	I will use these breathing exercises to help me in my daily life.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		~		
5	I will use these meditation techniques im my daily life.	1			30
6	I will use these yoga postures and stretching exercises in my daily life.		1		,
7	In general what I have learned in this class will be helpful in my everyday life.	/			

YES



NO

#### Yoga Exercise

Branch	MCA	Semester	4 म	Date	21-6-22
1) Name _	RAKESH	RAI	2) Roll No	200	2310140033

Please respond 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.	V			
5	I will use these meditation techniques im my daily life.				,
6	I will use these yoga postures and stretching exercises in my daily life.	C			
7	In general what I have learned in this class will be helpful in my everyday life.				(65)
8	I would recommend this yoga class to other.make circle one:	(Y	ES	N	0



#### Yoga Exercise

Branch	MCA	Semester_ 4 h	sim	Date	21/6/22
1) Name	Roshan	tyagi	2) Ro	No 2002	310140034
Please res	spond to the follo	owing Statemer	nts to indic	ate the exte	ent to which you
agree or	disagree with e	each statement	. Please t	ick right th	he number that

applies

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





#### Yoga Exercise

Branch _	MCA	Semester_	YTH		Date_	21	121.	22	
1) Name _	SHIVAN	ARTA		2) Roll No	200	2310	140	036	

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

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



## Yoga Exercise

Branch	MCA	Semester	u ha	Date 21- June-22
1) Name _	Shubben	Lyagi	2) Roll No	200310140037
Please re	spond to the follo	owing State	ments to indicate	the extent to which you
				right the number that

applies

).No	Questions	A great deal	Moderately	A little	Not at
1	The activities in the yoga class left me with an overall feeling of wellness	/			
2	The breathing exercises I learned to calm me were effective.		1		
3	I will use these breathing exercises to help me in my daily life.	1			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		1		
5	I will use these meditation techniques im my daily life.	1			16
6	I will use these yoga postures and stretching exercises in my daily life.		1		
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other.make circle one:	Y	ES	NO	o





### Yoga Exercise

Branch	1 CFT Semester_	HTP	Date2/6/21
1) NameS	AHTESAHZ ATACO	4	2) Roll No 2002310140038
Please respo	nd to the following State	ments to in	ndicate the extent to which you

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

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



#### Yoga Exercise

Branch	MOR	Semester	4 th som	Date_	21	16/22
1) Name	-surag's	ingh bist	2) Roll No	200	10 6	10040
Please res	pond to the fo	llowina State	ments to indicate t	he ev	tent t	o which you

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

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



#### Yoga Exercise

Branch _	MCA	Semester		Date_	21/	6/22
1) Name _	URVASHI	SRIVASTAVA	2) Roll No	200	23/0	140042

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

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



## Yoga Exercise

Branch	MCA	Semester	4 Mson	_ Date	21-1-22
1) Name	viknant	chowday	2) R	oll No 200:	310140 UZ
Please resp	oond to the foll	owing State	ments to indic	cate the ext	ent to which you
agree or a	lisagree with	each staten	nent. Please	tick right t	he number that

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



