



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



M

Yoga Skills

1 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

Director
R. D. Engineering College
G. B. College
G. B. College





Yoga Skills

1 message

Mr. Vivek Bhardwaj vivekbhardwaj12@gmail.com

Friday, 18th Jun, 2021 at 1:35 pm

To: <sendittomanu@gmail.com>

Dear Sir/Madam,

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

Thank You

Regards,

Mr. Vivek Bhardwaj





R.D. ENGINEERING COLLEGE

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

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

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

Email: info@rdec.in

Website: www.rdec.in

NOTICE

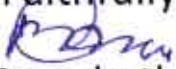
All the students of B.Tech 1st Year are hereby informed that our college is organizing a yoga session at 11:00 am in college campus.

DATE:- 21st June, 2021

VENUE:- A Block 2nd Floor Seminar Hall

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

Your Faithfully,


Mr. Manu Kothiyal

(EVENT COORDINATOR)

CC;

For Kind Info. Chairman,

Director

Dean Academic

IQAC Cell

Hostel Warden

Students Notice Board

Hostel Notice Board

Director
R. D. Engineering College
Ghaziabad





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

Yoga session

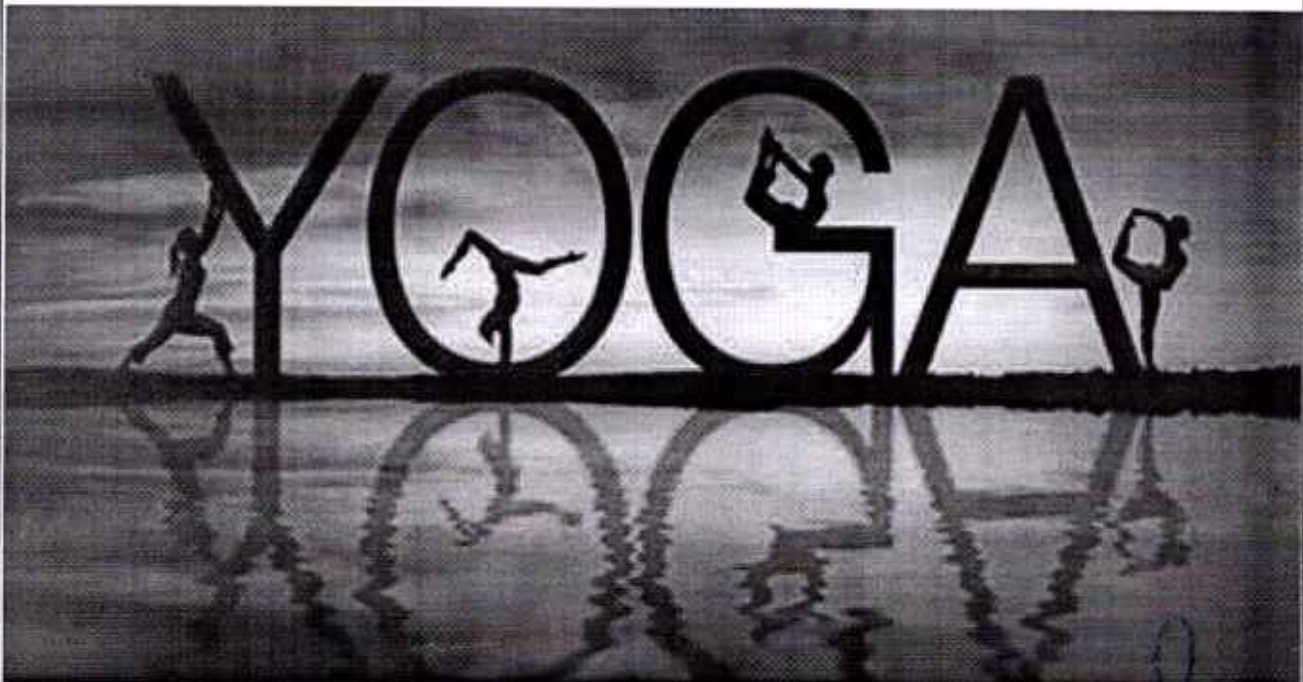
Guest Speaker

MR.VIVEK BHARDWAJ

Venue:- A Block 2nd floor seminar hall

Date:- 21st june,2021

Time:-11:00 am



Event coordinator
MR. Manu Kothiyal

Director
R. D. Engineering College
Ghaziabad





R.D. ENGINEERING COLLEGE

Approved by AICTE New Delhi & Affiliated to Dr. APJ Abdul Kalam Technical University, Lucknow
9th KM Mile Stone on NH-58 Delhi Meerut Road Duhai Ghaziabad-201206(U.P)
Phone: 0120-2679301,02,03,04 Fax:0120-2679300

Email: info@rdec.in

Website: www.rdec.in

Guest Profile

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

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

Director
R. D. Engineering College
Duhai, Ghaziabad



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

S.NO	NAME OF STUDENT	BRANCH	YEAR	SIGNATURE
1	Nanesh Kumar	del. Comm. Engg.	Ist	Nanesh
2	Dhanraj Rai	"	Ist	Dhanraj
3	Ranveer Singh	"	Ist	Ranveer
4	Shreedhar Jadhavi	"	Ist	Shreedhar
5	Gurush Pal	"	Ist	Gurush
6	Late Varishna	"	Ist	Late Varishna
7	Rakesh Kumar	"	Ist	Rakesh
8	Nanesh Kumar	"	Ist	Nanesh
9	Ninad Singh	"	Ist	Ninad
10	Kavish Tyagi	"	Ist	Kavish
11	Dal Singh	"	Ist	Dal Singh
12	Shivam Tyagi	"	Ist	Shivam
13	Umesh Kumar Singh	"	Ist	Umesh
14	Aman Singh	"	Ist	Aman
15	Mukesh Kumar	"	Ist	Mukesh
16	Shiv Kumar Tomar	"	Ist	Shiv Kumar
17	Dinesh Kumar	"	Ist	Dinesh
18	Kal Singh	"	Ist	Kal Singh
19	Shivam Gini	"	Ist	Shivam
20	Vedhal	"	Ist	Vedhal
21	Dikhan Singh	"	"	Dikhan
22	Rajesh Kumar	"	"	Rajesh
23	Krmed Kumar	"	"	Krmed
24	Abdesh Prasad	"	"	Abdesh
25	Kamal	"	"	Kamal
26	Manoj Chandra	mechanical Engg.	"	Manoj
27	Vidham Singh	"	Ist	Vidham
28	Rajendra Singh	"	Ist	Rajendra
29	Dinesh Prasad	"	"	Dinesh
30	Vikas Choudhary	"	"	Vikas
31	Naveen Tyagi	"	"	Naveen
32	Indes Pal	"	"	Indes
33	Sitaran	"	"	Sitaran
34	Jagdish	"	"	Jagdish
35	Zahid Saifi	"	"	Zahid
36	Rohney Shyam	"	"	Rohney
37	Shyam Prasad	"	"	Shyam
38	Chetan Singh	"	"	Chetan
39	Naveen Tyagi	"	"	Naveen
40	Sitaran	"	"	Sitaran
41	Jagdish	"	"	Jagdish
42	Zahid Saifi	"	"	Zahid
43	Rajendra Tyagi	"	Ist	Rajendra
44	Chetan Singh Seth	"	"	Chetan
45	Kiran Pal Singh	"	"	Kiran
46	Dinesh Jadhavi	"	"	Dinesh
47	Arun Kish	"	"	Arun
48	Yogendra Tyagi	"	"	Yogendra
49	Satish Goyal	"	"	Satish
50	Satish Tyagi	"	"	Satish



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

S.NO	NAME OF STUDENT	BRANCH	YEAR	SIGNATURE
1	Aatif Khan	Civil Engineering	21+	Aatif
2	Abu Bakar	"	21+	Abu
3	Aman Tyagi	"	21+	Aman
4	Anu Tyagi	"	21+	Anu
5	Anshu	"	21+	Anshu
6	Amrisha Mari Toppoti	"	21+	Amrisha
7	Jeyan Rahman	"	21+	Jeyan
8	Mukul Chaudhary	"	21+	Mukul
9	Priyush Chaudhary	"	21+	Priyush
10	Pragya Singh	"	21+	Pragya
11	Prince Toppoti	"	21+	Prince
12	Priyanka	"	21+	Priyanka
13	Riya Kumari	"	21+	Riya
14	Rohit Singh	"	21+	Absent
15	Satvart Singh	"	21+	Satvart
16	Salman Narayan	"	21+	Salman
17	Tushar Tyagi	"	21+	Tushar
18	Ankush Tyagi	"	21+	Ankush
19	Anuj Kumar Mishra	"	21+	Anuj
20	Bhawana	"	21+	Absent
21	Chetan Singh	"	21+	Chetan
22	Deepak Dwivedi	"	21+	Deepak
23	Kumar Harshit	"	21+	Absent
24	Nakul Kumar	"	21+	Nakul
25	Ritik Tyagi	"	21+	Ritik
26	Ritik Kumar	"	21+	Ritik
27	Vishal Gupta	"	21+	Vishal
28	Aryan Tyagi	"	21+	Aryan
29	Aditya Kumar	"	21+	Aditya
30	Akash Sharma	"	21+	Akash
31	Akshay Hardley	"	21+	Akshay
32	Akul Tomer	"	21+	Absent
33	Aman Tyagi	Com Sci Engg	21+	Aman
34	Aman Yadav	"	21+	Aman
35	Anjali Saxena	"	21+	Anjali
36	Ankur Singh	"	21+	Ankur
37	Anshu Ashwari	"	21+	Anshu
38	Ashish Chaudhary	"	21+	Ashish
39	Ayush Khokhan	"	21+	Ayush
40	Ayush Shrestha	"	21+	Ayush
41	Abhaya	"	21+	Abhaya
42	Deepthi Tyagi	"	21+	Deepthi
43	Dhruv Tyagi	"	21+	Dhruv
44	Harshit	"	21+	Absent
45	Harshit Tyagi	"	21+	Absent
46	Ishika Tyagi	"	21+	Ishika
47	Kajal Tyagi	"	21+	Kajal
48	Karika	"	21+	Karika
49	Kartik Bhargava	"	21+	Kartik
50	Khusbu	"	21+	Khusbu



Feedback form

Workshop on personality Development

Branch Mech Engineering Semester 1st Date 27/Sep/22

1) Name Nikhil 2) Roll No 2202310400008

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

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

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

Director
R.D. Engineering College
Duhai, Khalifa



Feedback form

Workshop on personality Development

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

Director
R.D. Engineering College
Ghaziabad



Feedback form of Yoga Session

Branch Mechⁿ Engineering Semester 1st Date 21/June/22

1) Name HARSH 2) Roll No 2202310400005

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

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

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

Director
Engineering College
Sheerabad

Engineering College
Head
HARSH

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 2nd floor seminar hall

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

OBJECTIVES:-

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

FUTURE OUTCOMES:-

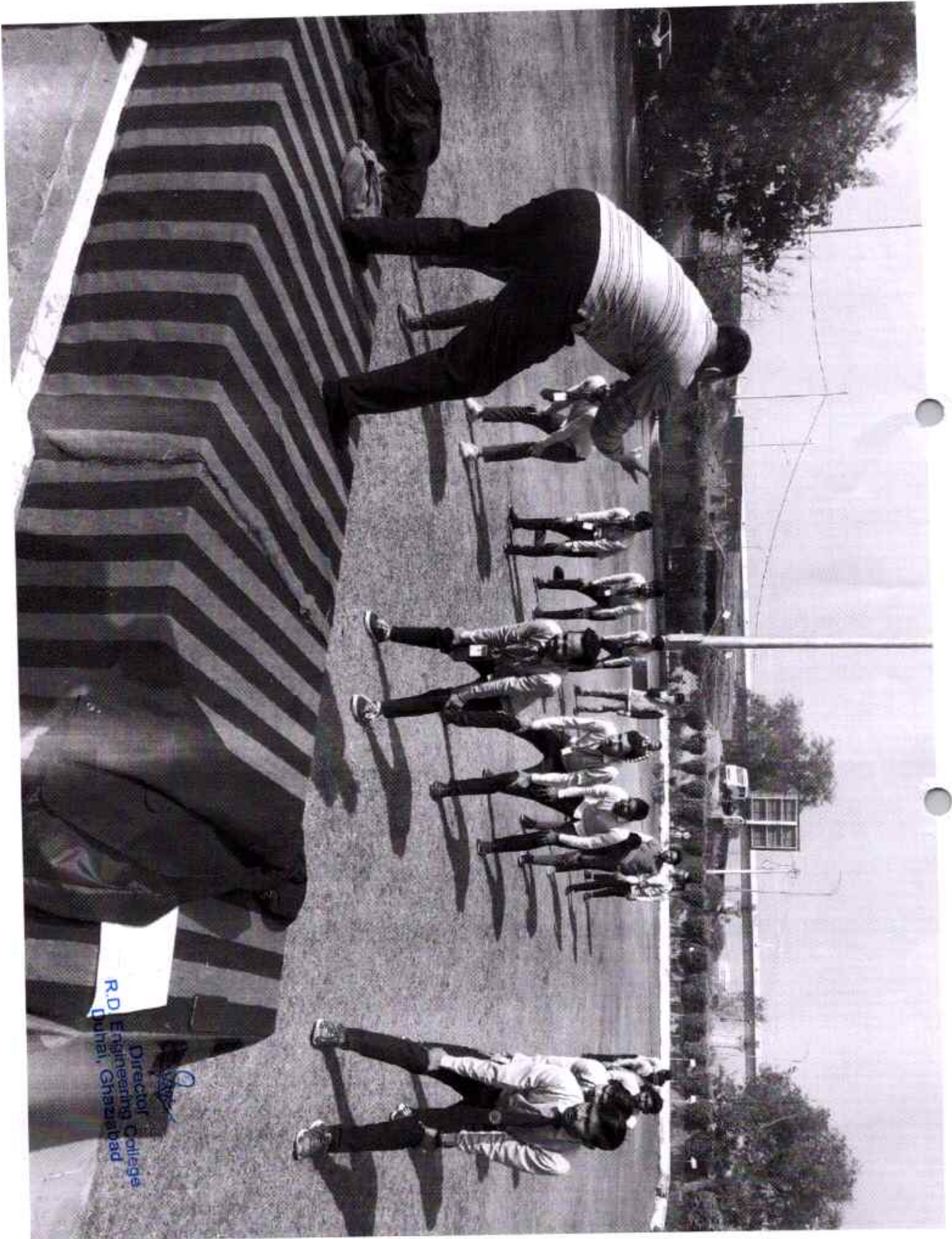
- It helps an individual to fight with common life style diseases.
- It can be helpful in Back pain, Arthritis and other common problem.

HOD A S&H



EVENT COORDINATOR





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

Session- 2021-2022

Program

LIFE SKILL

Topics

CRITICAL THINKING

Date

23/06/2022


Director
R.D. Engineering College
Duhai, Ghaziabad





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


Director
R.D. Engineering College
Duhai, Ghaziabad





R.D. ENGINEERING COLLEGE

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

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
Duhai, Ghaziabad

Dr.Sunaina Dutta

HEAD-HR,Hettich India Pvt.Ltd

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad

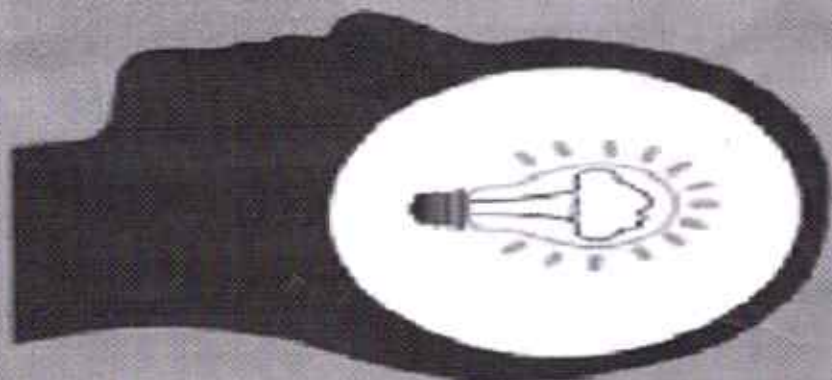




DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

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



CRITICAL THINKING SKILLS

SEMINAR
ON

CRITICAL THINKING



Dr. SUNAINA DUTTA

VENUE: SEMINAR
HALL(A-BLOCK)

TIME: 10:00AM

DATE: 23/06/2022





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 OUTCOMES:-

- 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

Sno.	Roll No.	Student Name	Signature
1	<u>2002310000001</u>	ABHAY TYAGI	<i>Abhay Tyagi</i>
2	<u>2002310000003</u>	ARPIT SHARMA	<i>Arpit Sharma</i>
3	<u>2002310000004</u>	ASHUTOSH TYAGI	<i>Ashutosh Tyagi</i>
4	<u>2002310000005</u>	KULDEEP KUMAR	<i>Kuldeep</i>
5	<u>2002310000006</u>	KUNAL	<i>Kunal</i>
6	<u>2002310000007</u>	SHIVAM	<i>Shivam</i>
7	<u>2002310000008</u>	SHUBHAM SINGH	<i>Shubham</i>
8	<u>2002310000009</u>	SHUJAUD ALI	<i>Absent</i>
9	<u>2102310009001</u>	ANIL CHAUHAN	<i>Anil Chauhan</i>
10	<u>2102310009002</u>	GAGAN DHAMA	<i>Gagan</i>
11	<u>2102310009003</u>	NALINI TYAGI	<i>Nalini</i>
12	<u>2102310009004</u>	RAJAT SINGH	<i>Absent</i>
13	<u>2102310009005</u>	RUCHIN TYAGI	<i>Ruchin Tyagi</i>
14	<u>2102310009006</u>	SAURABH PRATIHAST	<i>Saurabh Pratihast</i>


Director
R.D. Engineering College
Dunai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester LIV Date 23-6-22

1) Name Arunjit Sharma 2) Roll No 2002310000003

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

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

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

6. Overall I am satisfied with this session.


Director
R.D. Engineering College
Durgam



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Wahid Hussain 2) Roll No 200231000005

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

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

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

I am satisfied with this session


Director
R.D. Engineering College
Duhai, Ghaziniyah



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Gagan Dharma 2) Roll No 2102310009002

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

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

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

I am (over /) satisfied with it. 115 58


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Shivam

2) Roll No 200231000007

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22
1) Name Saurabh Prasadhast 2) Roll No 2102310009006

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Ruchin Tyagi 2) Roll No 2102310002005

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

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

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

I am satisfied with this session


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 5th Date 23-6-22

1) Name Nalini Tyagi 2) Roll No 2102310009003

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

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

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

Overall am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Anil Chauhan 2) Roll No 2102310009001

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Shubham Singh 2) Roll No 200231000008

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

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

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

I/We are satisfied with this session.


Director
R.D. Engineering College
Duhai Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Kunal

2) Roll No 2002310000006

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

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

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

6. Overall I am satisfied with this session.

5


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Ashutosh tyagi

2) Roll No 2002310000004

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

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

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

Overall, I am satisfied with this program.


Director
R.D. Engineering College
Duhai Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 4th Date 23-6-22

1) Name Abhay Tyagi

2) Roll No 2002310000001

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

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

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

6. Overall, I am satisfied with this session.


Director
R.D. Engineering College
Dunai, Ghazipur



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 ✓	<u>1902310000001</u>	AHMAD HUSSAIN	<i>Ahmad Hussain</i>
2	<u>1902310000002</u>	AMANULLAH AHMED	<i>AB</i>
3 ✓	<u>1902310000003</u>	ANCHAL	<i>Anchal</i>
4 ✓	<u>1902310000004</u>	ANKIT	<i>Ankit</i>
5 ✓	<u>1902310000005</u>	ARYAN TYAGI	<i>Aryan Tyagi</i>
6 ✓	<u>1902310000006</u>	BOBY	<i>Boby</i>
7 ✓	<u>1902310000007</u>	DEEPANSHU VERMA	<i>Deepanshu</i>
8 ✓	<u>1902310000008</u>	HIMANSHU	<i>Himanshu</i>
9	<u>1902310000009</u>	IMRAN AHMAD SHEERGOJRI	<i>AB</i>
10 ✓	<u>1902310000010</u>	KM VANDANA	<i>Vandana</i>
11	<u>1902310000012</u>	MOHAMMAD SHAHRYAB	<i>AB</i>
12 ✓	<u>1902310000013</u>	MUKESH KUMAR	<i>Mukesh Kumar</i>
13	<u>1902310000014</u>	MUZAFFAR ALI	<i>AB</i>
14 ✓	<u>1902310000016</u>	SACHIN KUMAR PUNDIR	<i>Sachin</i>
15 ✓	<u>1902310000017</u>	SANGRAM SINGH	<i>Sangram</i>
16 ✓	<u>1902310000018</u>	SHIVAM CHAUDHARY	<i>Shivam</i>
17 ✓	<u>1902310000019</u>	SHUBHAM TYAGI	<i>Shubham</i>
18	<u>2002310009001</u>	AJAY YADAV	<i>AB</i>
19 ✓	<u>2002310009002</u>	AMISHA GUPTA	<i>Amisha</i>
20 ✓	<u>2002310009003</u>	ANANT SHARMA	<i>Anant</i>
21 ✓	<u>2002310009004</u>	ANCHALTIWARI	<i>Anchal Tiwari</i>
22 ✓	<u>2002310009005</u>	NITISH BHARDWAJ	<i>Nitish Bhardwaj</i>
23	<u>2002310009006</u>	UTKARSH PARASHAR	<i>AB</i>

[Signature]
 Director
 R.D. Engineering College
 Duha Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VI Date 23/06/22

1) Name Sachin Kumar Pundir 2) Roll No. 1902310000016

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/01/2022

1) Name Boby

2) Roll No 1902310000006

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

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

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

Overall, I am satisfied with this session.

(5) 4 3 2 1


Director
R.D. Engineering College
Durai, Chennai



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/2022

1) Name Amisha Gupta

2) Roll No 2002310009002

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

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

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

Overall I am satisfied with this session.


Director
R.D. Engineering College
Ghazipur, Ghazipur



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Sangram Singh 2) Roll No 19023/0000017

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

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

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

b. Overall I am satisfied with this session.

0 1 2 3 4 5


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Ahmad Hussain

2) Roll No 19623/0000001

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

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

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

I am satisfied with this seminar

0 1 3


Director
R.D. Engineering College
Jahad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Shivam Chaudhary

2) Roll No 190231000018

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

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

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

Overall, I am satisfied with this session

4


Director
R.D. Engineering College
Duhai, Gandhinagar



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/2022

1) Name Anchal

2) Roll No 1902310000003

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

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

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

6. Overall I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghazniabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/2022

1) Name Ashyan Tyagi 2) Roll No 19A2310000005

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

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

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

I am satisfied with this program

(4)


Director
R.D. Engineering College
Durg



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/01/2022

1) Name Ankit

2) Roll No 190231000004

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

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

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

Overall, I am satisfied with this session.

~~5~~ 4 3 2 1


Director
R.D. Engineering College
Duhai



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/2022

1) Name Deeparahu Verma 2) Roll No 190231000007

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

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

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

Overall, I am satisfied with this program.

5 4 3


Director
of College
Library



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Shubham Tyagi

2) Roll No 190231000019

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

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

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

I am satisfied with this session

(5)


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Anant sharma 2) Roll No 20023/0009003

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

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

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

Overall, I am satisfied with the session.

(0)


Director
R.D. Engineering College
Duhai, Ghazialahad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Anchal Tiwari

2) Roll No 2002310009006

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Nitish Bhardwaj 2) Roll No 2002310009005

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

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

Questions	Answer's
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

I am completely satisfied with this session.

(5)


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/2022

1) Name Mukesh Kumar

2) Roll No 190231000013

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

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

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

Overall, I am satisfied with this session.

⑤


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/22

1) Name Km Vandana

2) Roll No 190236000010

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 6th Date 23/06/2022

1) Name Himanshu

2) Roll No 190231000008

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

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

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

Overall, I am satisfied with this session

⑤ - 2 1


Director
R.D. Engineering College
Duhai, Gurgaon



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	
2	1823100002	ABDUL MUIZZ SHAH	AB
3	1823100003	ABU BAKAR	AB
4	1823100006	AMAN TYAGI	
5	1823100007	ANUJ	
6	1823100008	ARIDAMAN PRATAP SINGH	A.P.Singh
7	1823100009	GOURAV	
8	1823100010	HIMANSHU MANI TRIPATHI	
9	1823100011	JEYAU RAHMAN	
10	1823100012	KAILASH KUMAR KAMAT	
11	1823100014	MUKUL CHAUDHARY	
12	1823100016	PIYUSH CHAUHAN	
13	1823100017	PRAGYA SINGH	
14	1823100018	PRINCE TRIPATHI	Prince
15	1823100019	PRIYANKA	
16	1823100021	RIYA KUMARI	
17	1823100022	ROHIT SINGH	Rohit
18	1823100023	SATVANT SINGH	
19	1823100024	SAURAV NARAYAN	
20	1823100025	SHEIKH TANVEER AHMAD	AB
21	1823100027	SURAJ kumar GAUTAM	AB
22	1823100028	TUSHAR TYAGI	
23	1823100030	ZAKIR MUZAFFAR DAR	AB
24	1902310009001	ANKUSH	
25	1902310009002	ANUJ KUMAR MISHRA	AB
26	1902310009003	BHAWANA	
27	1902310009004	CHETAN SINGH	
28	1902310009005	DEEPAK DWIVEDI	
29	1902310009007	KUMAR HARSHIT	AB
30	1902310009008	NAKUL KUMAR	
31	1902310009009	RISHABH PANDEY	
32	1902310009010	RITIK TYAGI	
33	1902310009011	RITIK KUMAR	
34	1902310009012	SHEKHAR KUMAR	AB
35	1902310009013	SHUBHAM GAUR	
36	1902310009015	VISHAL GUPTA	

Director
 R.D. Engineering College
 Duha, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VII Date 23/06/22

1) Name Ankush 2) Roll No 1902310009001

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

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

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

Overall I am satisfied with the session ✓


Director
R.D. Engineering College
Duhar, Ghazabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/06/22

1) Name Jushan Tyagi 2) Roll No 1823100028

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/06/22

1) Name Bhavana

2) Roll No 19023101509003

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/06/2022
1) Name Chetan Singh 2) Roll No. 1902310009004

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

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

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

Overall I am satisfied with this session


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/06/22
1) Name Deepak Divedi 2) Roll No. 1902310009005

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

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

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

Overall I am satisfied with this session.


Director
R.D. Engineering College
Dubai



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8 Date 23/06/22

1) Name Nakul Kumar

2) Roll No 1902310009008

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

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

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

6. Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/2022
1) Name Rishabh Pandey 2) Roll No 1902310009009

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

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

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

Overall, am satisfied with the session. / 2 3


Director
R.D. Engineering College
Durg



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/06/22
1) Name Ritik Tyagi 2) Roll No 1902310009010

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

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

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

6. Overall I am satisfied with this session


Dir.
R.D. Engineer
Duhai, U.A.E.



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/06/22
1) Name RITIK KUMAR 2) Roll No 1902310009011

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

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

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

Overall, I am satisfied with the session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22
1) Name Shubham Gaur 2) Roll No 192310009013

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

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

Questions	Answer's
1. Workshop / Seminar objectives were stated clearly and meet.	5 4 3 2 1
2. The workshop / Serninar was well 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

Overall: I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/6/22
1) Name Vishal Gupta 2) Roll No 1902310009015

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

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

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

Overall, he satisfied with this session.



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22
1) Name Saurav 2) Roll No 1823100024

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

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

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

6. Overall I am satisfied with this session. 4


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VII Date 23/6/22
1) Name Satvrat Singh 2) Roll No 1823100023

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

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

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

Overall rating (with 100% session)


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22
1) Name Rohit Singh 2) Roll No 1823100022

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

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

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

I am (overall) () satisfied with this session


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/06/22

1) Name Piya Kumari 2) Roll No 1823100021

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/06/2022

1) Name psiyanka

2) Roll No 1823100019

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

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

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

Overall I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/6/22
1) Name Prince Tripathi 2) Roll No 1823100018

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

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

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

I am satisfied with this session


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22

1) Name Pragya Singh 2) Roll No 1823100017

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

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/6/22

1) Name Piyush Chauhan 2) Roll No 1823100016

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

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

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

6. Overall, I am satisfied with this session.

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22
1) Name Mukul Chaudhary 2) Roll No 1823100014

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

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

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

Overall am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22

1) Name Kailash Kumar Kamot 2) Roll No 1823100012

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

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

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

Overall, I am satisfied with the session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/6/22
1) Name Gourav 2) Roll No 1823100009

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

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

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

Overall, I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22

1) Name Aridaman pratap singh 2) Roll No. 182310008

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

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

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

6. Overall, I am satisfied with this session.

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/06/2022
1) Name Amug 2) Roll No 182310007

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

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

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

Overall I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester VIII Date 23/6/22

1) Name Himanshu Tripathi 2) Roll No 1823100010

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

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

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

I am satisfied with this session.


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

AWARENESS PROGRAM ON CRITICAL THINKING

Branch CE Semester 8th Date 23/6/22

1) Name Aman Tyagi 2) Roll No 1823100006

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

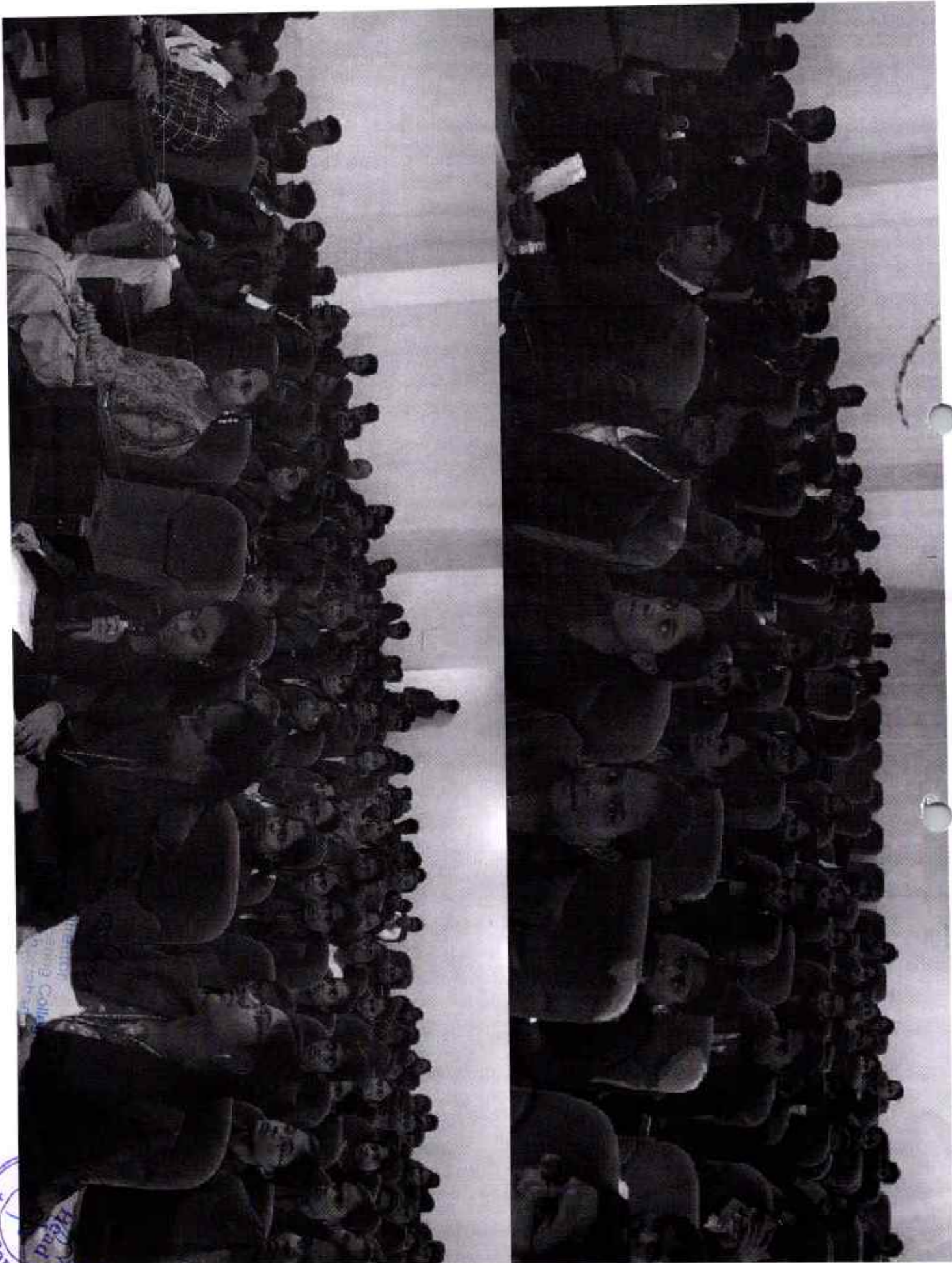
5= Excellent 4= Very good 3=Good 2=Average 1= Below Average

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

6. Overall, I am satisfied with this work.


Director
R.D. Engineering College
Duhai, Ghaziabad





RD ENGINEERING COLLEGE

Session- 2021-2022

Program

LIFE SKILL

Topics

YOGA SESSION

Date

21/06/2022




Director
R.D. Engineering College
Duhai, Ghaziabad

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

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

Gmail Search in mail



Invitation on Yoga Session External Inbox X

Dr. Gaurav Bansal chodmba@rdce.in
to vivek.bhardwaj2211@gmail.com

Dear Mr. Vivek Bhardwaj,

We cordially invite you to conduct a Session on "YOGA" at our institution. Your expertise in the field of Yoga is valuable to our students and faculty members. The Session is scheduled on 21-06-2022 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience. We greatly appreciate your consideration of this invitation and look forward to your positive response.

Best regards,

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



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

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

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

Gmail

Search in mail



5 of 38 < >

VIVEK BHARDWAJ

to me

Dear Sir,

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

prospect of sharing insights with your students.

Regards,
Vivek Bhardwaj

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

- Reply
- Forward



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

Activate Windows
 Go to Settings to activate



R.D. ENGINEERING COLLEGE

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

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. SANJAY KUMAR
(Head & Professor, ME Dept.)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

VIVEK BHARDWAJ

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

OBJECTIVES

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

ACADEMICS

B.Sc. (Zoology Hones)

PROFESSIONAL QUALIFICATIONS

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

PROFESSIONAL EXPERIENCE

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

PERSONAL DETAILS

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



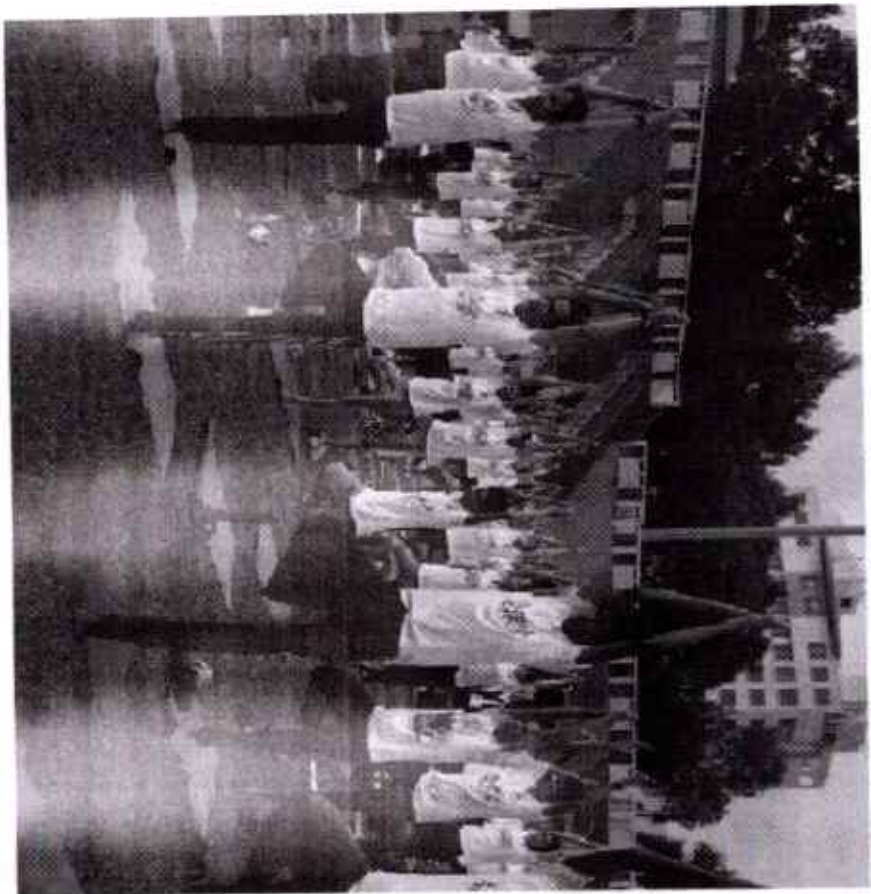

Director
R.D. Engineering College
Duhai, Ghaziabad



DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

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



**SESSION
ON
YOGA**



Mr. VIVEK BHARDWAJ

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

TIME: 10:00am

DATE: 21/06/2022



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

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

DATE: 21/6/2022

S.NO	ROLL NO	NAME	SIGNATURE
1	2002310100099	SHIVAM RANA -	
2	2002310400001	AASHISH -	Aashish
3	2002310400002	ANKUR KUMAR	Ankur Tyagi
4	2002310400003	ARPAN TYAGI -	Arpan
5	2002310400005	DEVENDER -	
6	2002310400006	HARSH -	Harsh
7	2002310400007	HARSH SINGHAL	Harsh
8	2002310400008	MAMIK SAGAR -	Mamik
9	2002310400010	MOHD AMIRULLAH	
10	2002310400011	NAMAN -	Naman
11	2002310400012	NAVNEET KUMAR -	AB
12	2002310400013	NITISH KUMAR SINGH	AB
13	2002310400014	ROHIT KUMAR -	Rohit
14	2002310400015	SHARMA ANUBHAV DHARMENDRA	Sharma
15	2002310400016	SURAJ CHAURASIA	AB
16	2002310400017	TANISHK KUMAR	AB
17	2002310400018	VISHESH -	Vishesh
18	2102310409001	ABHISHEK UPADHYAY -	A
19	2102310409002	ADARSH PATEL -	Adarsh
20	2102310409003	AKHILESH KUMAR -	A
21	2102310409004	AMARNATH MAURYA	AB
22	2102310409005	ANKIT SINGH -	Ankit Singh
23	2102310409006	ATUL SHARMA -	Atul Sharma
24	2102310409007	CHAKSHU TYAGI -	Chakshu
25	2102310409011	MOHD ANAS -	Anas
26	2102310409012	NISHANT KUMAR	AB
27	2102310409013	NITIN SHARMA -	Nitin Sharma
28	2102310409015	RAHUL -	AB
29	2102310409017	RAWAT AKHIL KESHARSINGH	Rahul
30	2102310409018	ROHAN KAUSHIK -	Rohan
31	2102310409019	SACHIN KUMAR -	Sachin
32	2102310409020	SAURAV DILWAL -	Saurav
33	2102310409021	SUNNY RAJ -	Sunny
34	2102310409022	VIKAS TYAGI -	Vikas
35	2102310409023	VISHAL KUMAR -	Vishal Kumar
36	2102310409024	ZEESHAN -	Zeeshan




 Director
 R.D. Engineering College
 Duhai, Ghaziabad

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.

HOD ME
(SIGNATURE)



EVENT COORDINATOR

(SIGNATURE)


Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/23
1) Name Shivam Rana 2) Roll No 2002310100099

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Aashish 2) Roll No 2002310400001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Arpan Tyagi 2) Roll No 2002310400003

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Devender 2) Roll No 2002310400005

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22

1) Name Manvik Sagar 2) Roll No 2002310460007b

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Harsh 2) Roll No 2002310400006

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Naman 2) Roll No 2002310400011

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Nauneeet Kumar 2) Roll No 2002310400012

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/23
1) Name Rohit Kumar 2) Roll No 2002310400014

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/23
1) Name Vishesh 2) Roll No 2002310400018

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/22
1) Name Adarsh Patel 2) Roll No 2102310409002

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/23
1) Name Akhilesh Kumar 2) Roll No 2102310409003

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22

1) Name Ankit Singh

2) Roll No 2102310409005

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Atul Sharma 2) Roll No 2102310409006

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Chakshu Tyagi 2) Roll No 2102310409007

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Mohd Anas 2) Roll No 2102310409011

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Nitin Sharma 2) Roll No 2102310409013

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 3rd

Date 21/6/22

1) Name Rahul

2) Roll No 2102310409015

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3rd Date 21/6/22
1) Name Ronak Kaushik 2) Roll No 2102310409016

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

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

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




Director
R.D. Engineering College
Duhai, Ghazniabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/23
1) Name Sachin Kumar 2) Roll No 2102310409019

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Saurav Dilwal 2) Roll No 2102310409020

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Sunny Raj 2) Roll No 2102310409021

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Vikash Tyagi 2) Roll No 2102310409022

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Vishal Kumar 2) Roll No 2102310409023

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Zeehan 2) Roll No 2102310409024

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 3 Date 21/6/22
1) Name Abhishek Upadhyay 2) Roll No 2102310409001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

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	Aaqib
2	1902310400002	AFTAB ANSARI	Aftab
3	1902310400004	BHUPENDER KUMAR	Bhupender
4	1902310400005	DEEPAK KUMAR	Deepak
5	1902310400006	DEEPAK KUMAR	AB
6	1902310400007	DEEPAK KUMAR	Deepak
7	1902310400008	DEEPAK KUMAR	AB
8	1902310400009	GAJENDRA KUMAR	Gajendra
9	1902310400010	GAURAV KUMAR	AB
10	1902310400011	GAURAV BISHT	Gaurav
11	1902310400013	HEMANT KUMAR	Hemant
12	1902310400014	KAPIL KUMAR	Kapil Kumar
13	1902310400015	KM POOJA YADAV	AB
14	1902310400016	MANISH SINGH	Manish Singh
15	1902310400017	NIKHIL KUMAR	Nikhil
16	1902310400018	PRATHAM	Pratham
17	1902310400020	RAHUL	Rahul
18	1902310400021	RAHUL KUMAR SHARMA	Rahul
19	1902310400023	ROHIT KUMAR	Rohit
20	1902310400024	SHIVAM	AB
21	1902310400025	SHIVAM RATHAUR	Shivam
22	1902310400026	SHIVAM SHARMA	Shivam
23	1902310400027	SONU KUMAR	Sonu
24	1902310400029	SUNIL KUMAR	Sunil
25	1902310400030	VINEET KUMAR	Vineet
26	1902310400031	VISHAL KUMAR	Vishal
27	1902310400032	VISHAL SHARMA	Vishal
28	1902310400033	VIVEKSHEEL	Vivek
29	1902310400034	YASH BHARDWAJ	AB
30	2002310409001	AASHISH	Aashish
31	2002310409003	MD CHAND ALAM	Chand
32	2002310409005	RAHUL	Rahul
33	2002310409006	SHIVAM TYAGI	Shivam Tyagi
34	2002310409007	TUSHAR SINGH	Tushar
35	2002310409008	UJJWAL GUPTA	Ujjwal
36	2102310409024	ZEESHAN	Zeeshan



Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester IVth Date 21/06/22

1) Name Aaghib Javed

2) Roll No 1902310400001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Aftab Ansari

2) Roll No 1902310400002

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Deepak Kumar

2) Roll No 1902310400005

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Deepak Kumar

2) Roll No 1902310400007

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Gajendra Kumar 2) Roll No 190231040009

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 2/06/22

1) Name Gaurav Bisth

2) Roll No 190231040001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Kapil Kumar

2) Roll No 1902310400014

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22
1) Name Manish Singh 2) Roll No 1902310400016

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 2/06/22

1) Name Pratham

2) Roll No 1902310400018

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Rabulkumar sharma

2) Roll No 1902310407021

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Rohit Kumar

2) Roll No 190231040028

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22
1) Name, Shivam 2) Roll No 19023/0400024

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 2/06/22

1) Name Shelam Sathyan

2) Roll No 19023104000 25

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Sonu Kumar

2) Roll No 19023104000 27

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 2/06/22
1) Name Vincent Kumar 2) Roll No 1902310400030

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Vishal Kumar

2) Roll No 190231040031

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name Vishal Sharma

2) Roll No 1902310400032

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 8th Date 27/06/22
1) Name Vivekshel 2) Roll No 190231040033

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22
1) Name Aashish 2) Roll No 2002310409001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22

1) Name MD Chand alam 2) Roll No 200231049001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22
1) Name Rahul 2) Roll No 2002310469005

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

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

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




Director
R.D. Engineering College
Duha, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester SFU Date 21/06/22

1) Name Shivam Tyagi

2) Roll No 2002310409006

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/22
1) Name Tushar Singh 2) Roll No 2002310409007

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 2/06/22

1) Name Hemant Kumar

2) Roll No 190230400013

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 5th Date 21/06/23
1) Name Sunil Kumar 2) Roll No 19023/0400029

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

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 .	Rahul
2	1823140001	ADIL ALI .	Adil
3	1823140002	AHMED UMAR USMAN	AB
4	1823140003	AKHIL KUMAR .	Akhil
5	1823140004	AKSHAY UPADHYAY	A
6	1823140005	ALI KHAN .	Ali
7	1823140006	AMAN .	Aman
8	1823140007	AMAN KUMAR .	A Kumar
9	1823140008	AMARENDRA KUMAR SINGH	A
10	1823140009	ANIRUDDH KUSHWAHA	AB
11	1823140011	ANOOP KUMAR SINGH	Anoop
12	1823140012	ASHAD ULLAH	Ashad
13	1823140013	BHARAT KUMAR .	Bharat Kumar
14	1823140014	BHAVNA .	Bhavna
15	1823140015	CHETAN GAUTAM .	Chetan
16	1823140016	GUL MOHAMMAD	AB
17	1823140017	HARSH TYAGI .	Harsh
18	1823140018	HARSH HATWALIYA	Harsh
19	1823140019	HRITIK KUMAR .	Hritik
20	1823140021	KUNAL PAL .	Kunal
21	1823140022	KUNDAN PRASAD	AB
22	1823140024	MAYANK KUSHWAHA	Mayank
23	1823140025	MOHD ANAS .	Anas
24	1823140026	MD USMAN .	Usman
25	1823140027	MOHIT kumar .	Mohit Kumar
26	1823140028	MUKESH KUMAR	AB
27	1823140031	NIKHIL RUHELA .	Nikhil
28	1823140032	NIRBHAY SINGH .	Nirbhay
29	1823140033	NISHANT SHISHODIA	Nishant
30	1823140034	NISHU DHIMAN	AB
31	1823140035	NITISH .	Nitish
32	1823140037	PANKAJ GAUTAM .	Pankaj
33	1823140038	PRIYANSH .	Priyansh
34	1823140039	PRIYANSHU .	Priyanshu
35	1823140040	RAHUL KUMAR	AB
36	1823140041	RAHUL PRASAD	Rahul
37	1823140042	RAJU KUMAR .	Raju
38	1823140043	RAVI KUMAR .	Ravi
39	1823140044	RISHANK TYAGI .	AB
40	1823140046	ROHIT .	Rohit
41	1823140047	SACHIN BANSAL .	AB
42	1823140048	SAGAR .	Sagar




 Director
 R.D. Engineering College
 Duhai, Ghaziabad

43	1823140049	SAGAR	Sagar
44	1823140050	SAGAR SINGH	Sagar Singh
45	1823140051	SANDEEP	Sandeep
46	1823140052	SANYAM MISHRA	Sanyam
47	1823140053	SARVESH KUMAR	AB
48	1823140054	SATPRAKASH	Sat
49	1823140057	SHIVAM MAITREY	Shiv
50	1823140058	SHOBHIT KUMAR	Shobhit
51	1823140059	SHUBHAM KUMAR	Shubh
52	1823140060	SURAJ KUMAR	Suraj
53	1823140061	VIJAY PAL	Vijay Pal
54	1823140062	VIVEK SINGH	Vivek
55	1823140063	WILSON RAJ	Wilson
56	1823140064	YASH SHISHODIA	AB
57	1902310409001	ANKIT PANDEY	Ankit Pandey
58	1902310409002	ANSH TYAGI	Ansh
59	1902310409003	MASUD ANSARI	Masud
60	1902310409004	MUKUL	Mukul
61	1902310409005	SHASHANK CHAUHAN	AB
62	1902310409007	VAIBHAV SHARMA	Vaibhav
63	1902310409008	VISHAL SHARMA	Vishal




 Director
 R.D. Engineering College
 Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Rahul Kumar 2) Roll No 1923110081

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Adil Ali 2) Roll No 1823140001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Akhil 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 1= Below Average

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Ali Khan 2) Roll No 1823140005

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Aman 2) Roll No 1823140006

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Aman Kumar 2) Roll No 1923140007

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022

1) Name Bharat Kumar

2) Roll No 1923140013

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 21/06/2022

1) Name Bhavna

2) Roll No 1923140014

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Chetan Gautam 2) Roll No 1823140015

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Harsh Tyagi 2) Roll No 1823140017

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Haitik Kumar 2) Roll No 1823140019

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Kunal Pal 2) Roll No 1923140021

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Mohd Anas 2) Roll No 1823140025

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022

1) Name Md Usman

2) Roll No 1823140026

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Mohit Kumar 2) Roll No 1823140027

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Nikhil Ruhela 2) Roll No 1823140031

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Nirbhay Singh 2) Roll No 1823140032

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Nitish 2) Roll No 1823140035

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Pankaj Gautam 2) Roll No 1823140037

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

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

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



Director
R.D. Engineering College
Duhai, Ghaziahad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Prityansh 2) Roll No 1823140039

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Priyanshu 2) Roll No 1823140039

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Rajiv Kumar 2) Roll No 1823140042

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Ravi Kumar 2) Roll No 1823140043

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Rishank Tyagi 2) Roll No 1823140044

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Rohit 2) Roll No 1823140046

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Sachin Bansal 2) Roll No 1823140047

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022

1) Name Sagan

2) Roll No 1823140048

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Sagar 2) Roll No 1823140049

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Sagar Singh 2) Roll No 1823140050

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022

1) Name Sandeep

2) Roll No 1823140051

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Sanyam Mishra 2) Roll No 1823140052

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022

1) Name Suraj Kumar

2) Roll No 1823140060

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Vijay Pal 2) Roll No 1823140061

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Vivek Singh 2) Roll No 1923140062

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/2022
1) Name Ankit Pandey 2) Roll No 1902310409001

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/22
1) Name Ansh Tyagi 2) Roll No 1902310409002

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/22
1) Name Mausid Ansari 2) Roll No 1902310409003

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME

Semester 7th

Date 21/6/22

1) Name Muskan

2) Roll No 1902310409004

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/6/22
1) Name Vaibhav Sharma 2) Roll No 1902310409007

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback Form

YOGA SESSION

Branch ME Semester 7th Date 21/06/22
1) Name Vishal Sharma 2) Roll No 1902310409008

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

RD ENGINEERING COLLEGE

NAAC CRITERIA - 5.1.2

(Capacity building and skills Initiatives)

Session-2021-22.....

Program

1.TCI.....

Topics

2.Yoga.....

Date

.....21/06/2022.....



hodmca<hod_mca@rdec.in>

Invitation for Seminar

3 messages

hodmca<hod_mca@rdec.in>

Sat, June 11, 2022 at 9:11 AM To:"

vivekbhardwajyogsaadhak@gmail.com" <vivekbhardwai81>

Hello sir

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

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

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

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

Vivek Bhardwaj <vivekbhardwajyogsaadhak@gmail.com>
3:57 PM To: hod mca <hod_mca@rdec.in>

Mon, June 13, 2022 at

Dear Sir,
Thanks for your invitation.
I will be available for the seminar on June 21, 2022. Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj
[Quoted text hidden]




Director
R.D. Engineering College
Duhai, Ghaziabad

Vivek Bhardwaj
vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

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

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

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad



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

Notice

This is hereby informed to all the students of IT that R.D Engineering College is celebrating a **International Yoga Day** on 21st 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
R.D. Engineering College
Duhai, Ghaziabad

Director
R.D. Engineering College
Daha, Ghaziabad



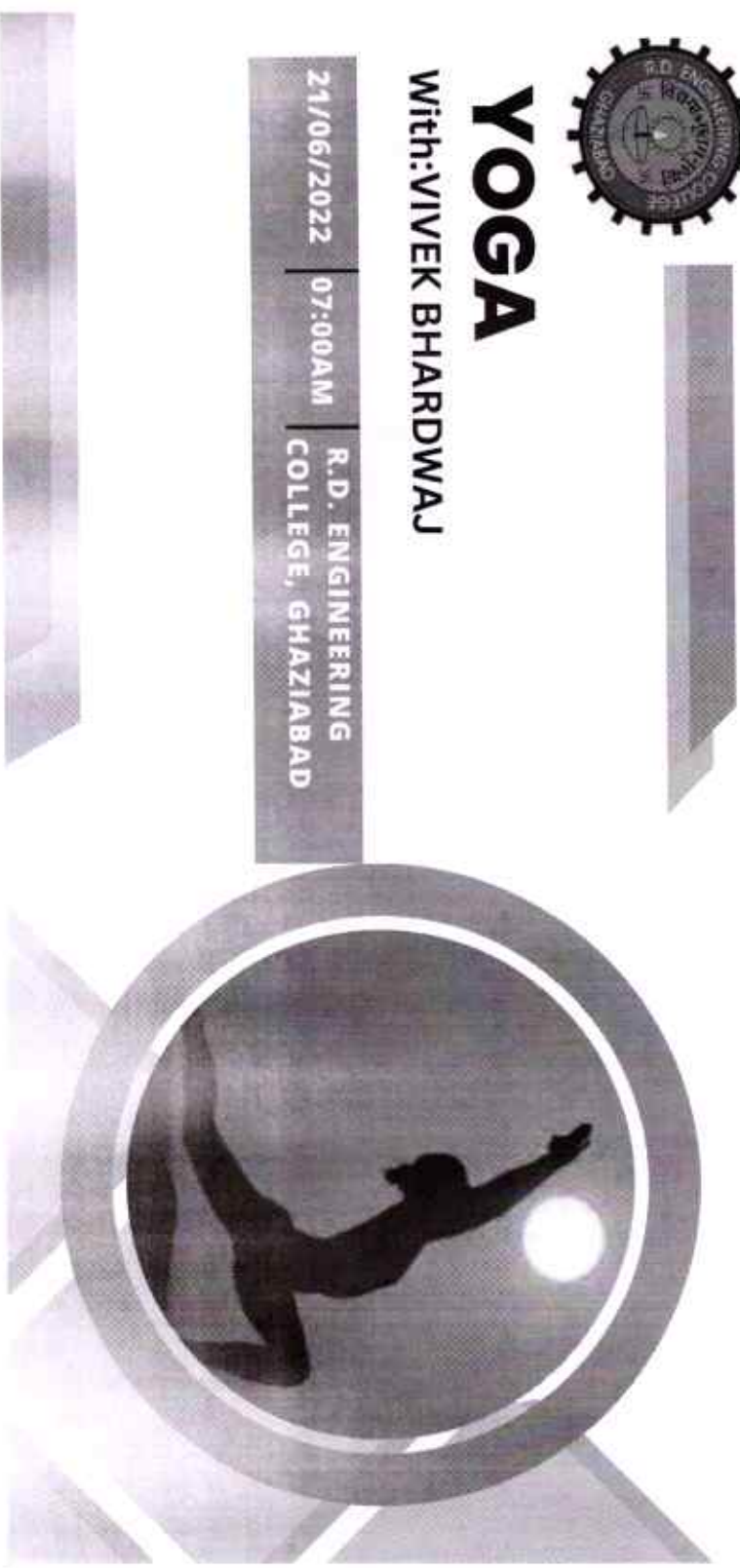
YOGA

With: VIVEK BHARDWAJ

21/06/2022

07:00AM

R.D. ENGINEERING
COLLEGE, GHAZIABAD



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

This program is organized by Department of IT to benefit and enhance the yoga of B.Tech 2nd Year and 3rd Year students. Approximately 42 students have benefited by this program.

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

OBJECTIVES:-

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

FUTURE OUTCOMES:-

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

HOD B.Tech (IT)
(SIGNATURE)




EVENT COORDINATOR
(SIGNATURE)


Director
R.D. Engineering College
Ghaziabad

**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	AJAY KUMAR	2ND Year	IT	Ajay
2	2102310130004	ANJALI YADAV	2ND Year	IT	Anjali
3	2102310130005	ANSH JINDAL	2ND Year	IT	Ansh
4	2102310130007	ARYAN TYAGI	2ND Year	IT	Aryan
5	2102310130008	AYUSHI KUMARI	2ND Year	IT	Ayushi
6	2102310130009	BHUVNESHWAR	2ND Year	IT	Bhuvneshwar
7	2102310130011	DEEPAK	2ND Year	IT	AB
8	2102310130012	DEEPANSHU TYAGI	2ND Year	IT	Deepanshu
9	2102310130013	GARV SINGHAL	2ND Year	IT	Garv
10	2102310130014	HIMANSHU SHARMA	2ND Year	IT	Himanshu
11	2102310130015	KARAN	2ND Year	IT	Karan
12	2102310130016	KHUSHI GARG	2ND Year	IT	Khushi
13	2102310130017	LAXMI SHUKLA	2ND Year	IT	AB
14	2102310130018	MANISH	2ND Year	IT	Manish
15	2102310130019	MAYANK PAL	2ND Year	IT	Mayank
16	2102310130022	PRINCE	2ND Year	IT	Prince
17	2102310130023	PRIYANSHU RATHORE	2ND Year	IT	Priyanshu
18	2102310130025	RISHABH GAUTAM	2ND Year	IT	Rishabh
19	2102310130026	RITIKA TYAGI	2ND Year	IT	Ritika
20	2102310130028	SACHIN	2ND Year	IT	Sachin
21	2102310130029	SAMEER KHAN	2ND Year	IT	AB
22	2102310130030	SANJEEV KUMAR	2ND Year	IT	Sanjeev
23	2102310130031	SAURABH KUMAR SHARMA	2ND Year	IT	Saurabh
24	2102310130032	SHIVA KASHYAP	2ND Year	IT	Shiv
25	2102310130033	SHIVAM SHARMA	2ND Year	IT	Shivam
26	2102310130034	SHIVAM SHARMA	2ND Year	IT	Shivam
27	2102310130035	SHIVAM SHARMA	2ND Year	IT	AB
28	2102310130037	SHRISHTY	2ND Year	IT	Shrishty
29	2102310130039	SUDHANSHU KUMAR SHARMA	2ND Year	IT	Sudhanshu
30	2102310130040	SUFAIL	2ND Year	IT	Sufail
31	2102310130042	SURAJ SINGH	2ND Year	IT	Suraj
32	2102310130043	SUSHANT	2ND Year	IT	Sushant
33	2102310130044	TASAUVAR ANSARI	2ND Year	IT	Tausavar
34	2102310130046	VANSH SHARMA	2ND Year	IT	Vansh
35	2102310130047	VINAY YADAV	2ND Year	IT	Vinay
36	PREERN220024280	JUBAIR SAIFI	2ND Year	IT	Jubair
37	2002310130001	ABHISHEK SRIVASTAVA	3RD Year	IT	Abhishek
38	2002310130002	AKSHIT	3RD Year	IT	Akshat
39	2002310130003	ANKIT KUMAR MISHRA	3RD Year	IT	AB

Director
R.D. Engineering College
Ghaziabad



40	2002310130004	ASHISH KUMAR	3RD Year	IT	<i>Ashish</i>
41	2002310130005	AVISH TYAGI	3RD Year	IT	<i>Avish</i>
42	2002310130006	KAPIL KUMAR	3RD Year	IT	<i>Kapil</i>
43	2002310130007	NITIN KUMAR	3RD Year	IT	<i>(AB)</i>
44	2002310130008	RABBE AALAM	3RD Year	IT	<i>Rabbeez</i>
45	2002310130009	SAMBHAWI RAJ NANDINI	3RD Year	IT	<i>Sambhaw</i>
46	2002310130010	SAURAV KUMAR	3RD Year	IT	<i>Saurav</i>
47	2102310139002	KRISHAN	3RD Year	IT	<i>Krishan</i>
48	2102310139003	SACHIN SINGH	3RD Year	IT	<i>Sachin</i>
49	2102310139004	UTKARSH SINGH	3RD Year	IT	<i>(AB)</i>

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



Feedback form

Yoga Exercise

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

R.D. Engineering College



Feedback form

Yoga Exercise

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

Director
R.D. Engineering College
Duhar, Gopalnagar



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 3th Sem

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


Director
R.D. Engineering College
Duturi Cheruvu



Feedback form

Yoga Exercise

Branch IT

Semester 3rd

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 10th

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 5th

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 5th

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 5th

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


Director
R.D. Engineering College
Duhai, Ghazibad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 5th

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

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch IT

Semester 5th

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

Director
R.D. Engineering College
Duhai, Ghaziabad



RD ENGINEERING COLLEGE

NAAC CRITERIA - 5.1.2

(Capacity building and skills Initiatives)

Session-2021-22.....

Program

1.TC1.....

Topics

2.Yoga.....

Date

.....21/June/2022.....


Director
R.D. Engineering College
Daha, Ghatiaabad

Vivek Bhardwaj

vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

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

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

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

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

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




Director
R.D. Engineering College
Duhai, Ghaziabad

InvitationforSeminar

3messages

hodmca<hod_mca@rdec.in>

Sat, June 11, 2022 at 9:11 AM To:"

vivekbhardwajyogsaadhak@gmail.com" <vivekbhardwaj81>

Hello sir

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

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

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

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

Vivek Bhardwaj<vivekbhardwajyogsaadhak@gmail.com>
3:57 PM To: hod mca<hod_mca@rdec.in>

Mon, June 13, 2022 at

Dear Sir,
Thanks for your invitation.
I will be available for the seminar on June 21, 2022. Kindly manage accordingly.

Thanks and regards

Vivek Bhardwaj
[Quoted text hidden]
Director
R.D. Engineering College
Duhai, Ghaziabad



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

Notice

This is hereby informed to all the students of CSE that R.D Engineering College is celebrating a **International Yoga Day** on 21st June 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




Director
R.D. Engineering College
Duhai, Ghaziabad

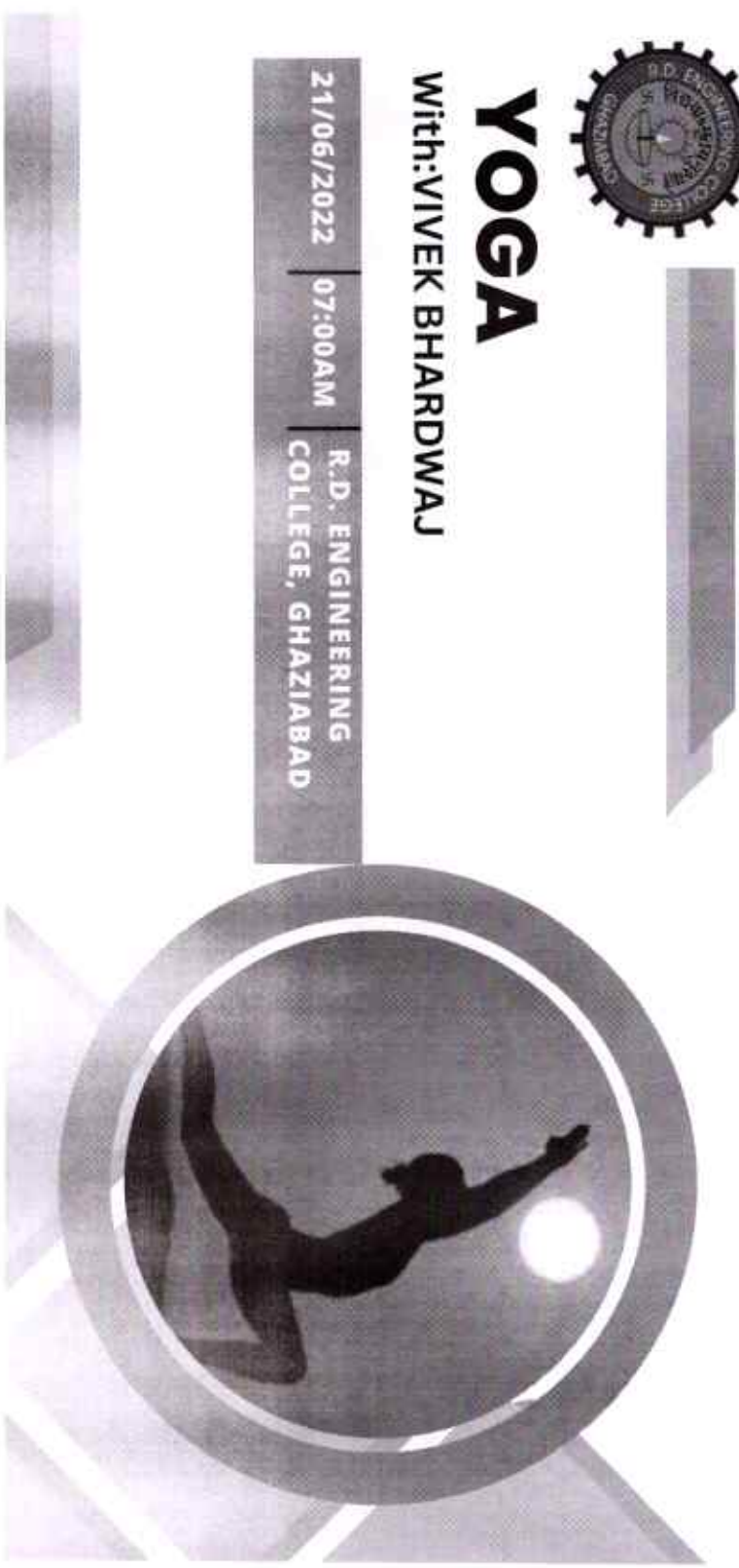
R.D. Engineering College
Director
Dungra, Ghaziabad



YOGA

With: VIVEK BHARDWAJ

21/06/2022 | 07:00AM | R.D. ENGINEERING COLLEGE, GHAZIABAD



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Praveen Verma 2) Roll No 21023102 emm UC

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Priyanka Sharma 2) Roll No 2102310200017

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

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

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



Director
R.D. Engineering College
Duh, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Priyanka Goel 2) Roll No 2102310700051

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Shivani Tyagi 2) Roll No 2102310700055

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



R D Engineering College, Ghaziabad

Yoga Session

MBA-II YEAR (2021-22)

S.No.	Roll No.	Student's Name	Date-21/06/2022 Signature
1	2002310700001	AASHI	
2	2002310700002	ABHISHEK	
3	2002310700003	AKHILESH KUMAR SINGH	AB
4	2002310700004	ANJALI SHARMA	
5	2002310700005	ESHITA ROY	
6	2002310700006	GAURAV MUNDE	AB
7	2002310700007	HENA NIGAR	
8	2002310700008	KAJAL	
9	2002310700009	KAJAL	
10	2002310700010	KESHAV SHARMA	AB
11	2002310700011	KM SHIVANI	
12	2002310700012	KM VERSHA	
13	2002310700013	KOMAL RANI	
14	2002310700014	KUNWAR JUNAID AHMAD	AB
15	2002310700015	MANSI GUPTA	
16	2002310700016	MANYA TYAGI	
17	2002310700017	MEENU RANI	AB
18	2002310700018	MOH SAZID	
19	2002310700019	NEHA SHARMA	
20	2002310700020	PANKAJ PANDEY	AB
21	2002310700021	PAWAN	
22	2002310700022	PRIYA SINGH	
23	2002310700024	PRIYANSHI SHARMA	
24	2002310700025	RAHUL GUPTA	
25	2002310700026	RAHUL TYAGI	AB
26	2002310700027	RASHI TYAGI	
27	2002310700029	RAVI ARORA	
28	2002310700030	ROHIT KUMAR GUPTA	
29	2002310700031	SANJANA SINGH	
30	2002310700032	SHIVAM TYAGI	AB
31	2002310700033	SHIVANI	
32	2002310700034	SHIVANI SHARMA	
33	2002310700035	SHIVANI TOMAR	
34	2002310700036	SHIVANI TYAGI	
35	2002310700037	SHIVANSH AGGARWAL	AB
36	2002310700038	SHIWANGINI SINGH	AB
37	2002310700039	SHUBHAM TYAGI	
38	2002310700040	SUMBUL	
39	2002310700041	SUMIT KUMAR	
40	2002310700042	TANISHK BANSAL	
41	2002310700043	TANNU PRIYA	AB

Director
R.D. Engineering College
Duhai, Ghaziabad



42	2002310700044	UJJAWAL TYAGI	Tyagi
43	2002310700045	VAISHALI TYAGI	AB
44	2002310700046	VAISHNAVI SHARMA	Sharma
45	2002310700047	VIPIN KASHYAP	AB
46	2002310700048	VISHNU SHARMA	Sharma




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

YOGA SESSION

Branch MBA Semester 1st Date 21/06/22

1) Name Aashi

2) Roll No 200231070001

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

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

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

R.D. Engineering College
Durgam Chaudhary
Lucknow



Feedback form

YOGA SESSION

Branch MBA

Semester 3V

Date 21/06/2022

1) Name Abhishek

2) Roll No 2002310700002

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester 13 Date 21/06/22

1) Name Anjali Sharma 2) Roll No 2002310700004

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

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

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



Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester 3V Date 21/06/2022

1) Name Hena Nigam 2) Roll No 202310700007

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester D6 Date 21/06/22

1) Name Kajal 2) Roll No 2023670009

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester 3rd Date 21/06/20

1) Name Shivani 2) Roll No 200236700011

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

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

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

R.D. Engineering College
Dungra, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester BV Date 21/06/20

1) Name Komal Rani 2) Roll No 2002310700013

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

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

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


Director
R.D. Engineering College
Durgam Chak, Hazratganj, Lucknow



Feedback form

YOGA SESSION

Branch MBA Semester 3V Date 21/06/22

1) Name Manvi Gupta 2) Roll No 2002310700015

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

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

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



Feedback form

YOGA SESSION

Branch MBA Semester 3V Date 21/06/23

1) Name Sazid

2) Roll No 2002310700018

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester 3rd Date 21/06/22

1) Name Neha Sharma

2) Roll No 2002310700019

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester 3V Date 21/06/22

1) Name Priya Singh 2) Roll No 2002310700022

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

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

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


Director
R.D. Engineering College
Duhar, Ghazipur



Feedback form

YOGA SESSION

Branch MBA Semester IV Date 21/06/22

1) Name Priyanshi Sharma 2) Roll No 2002310700024

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

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

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


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

YOGA SESSION

Branch M.A.D Semester 3V Date 21/06/2022

1) Name Rehul Gupta 2) Roll No 200231070025

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M-B.A Semester IV Date 21/6/22

1) Name Rashi Tyagi 2) Roll No 2002367 000 27

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M.B.A Semester IV Date 21/6/22

1) Name Ravi Arora 2) Roll No 200236700029

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M.B.A Semester 3rd Date 21/6/22

1) Name Sanjana Singh

2) Roll No 2002310700031

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M.B.A Semester IV Date 21/6/22

1) Name Shivani 2) Roll No 2002310700033

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M.B.A Semester IV Date 21/06/22

1) Name Shivani Toman 2) Roll No 2002310700035

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M.B.A Semester 3rd Date 21/6/22

1) Name Shubham Tyagi

2) Roll No 2002367 00039

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch M.B.A Semester 3rd Date 21/6/22

1) Name Sumit Kumar

2) Roll No 2002310700041

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

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

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


Director
R.D.P. Engineering College
Ludhiana, Punjab



Feedback form

YOGA SESSION

Branch MBA Semester 3rd Date 21/06/2022

1) Name Chawal Tyagi 2) Roll No 2002310700044

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

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

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

R.D. Director
Engineering College
Jhansi



Feedback form

YOGA SESSION

Branch MBA Semester IV Date 21/06/2023

1) Name Vaishnavi Sharma

2) Roll No 2002310700046

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

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

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

R.D.E. College
Duhani, Durgam
MBA



Feedback form

YOGA SESSION

Branch MBA Semester 3~~V~~ Date 21/06/2022

1) Name Vishnu Sharma 2) Roll No 2002310700048

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

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

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

R.D. College



Feedback form

YOGA SESSION

Branch MBA Semester IV Date 21/06/2022
1) Name Tanishk Bansal 2) Roll No 2002310700042

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

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

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

R.D. Engineering College
Durgam Chaudhary



Feedback form

YOGA SESSION

Branch MBA

Semester IV

Date 21/06/2022

1) Name Rohit Kumar Gupta

2) Roll No 2002310700030

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

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

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


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



R.D. Engineering College
Head
R.D. Engineering College
Durg, C.P.
Director



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 2nd Year and 3rd Year students. Approximately 126 students have benefited by this program.

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

OBJECTIVES:-

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

FUTURE OUTCOMES:-

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

HOD B.Tech (CSE)
(SIGNATURE)




EVENT COORDINATOR
(SIGNATURE)


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: 21/06/2022

SNo	ROLL NO.	NAME	YEAR	BRANCH	SIGNATURE
1	2102310100001	RAJ KUMAR	2nd Year	CSE	Raj Kumar
2	2102310100002	DINESH GUPTA	2nd Year	CSE	Dinesh
3	2102310100003	SATYA PAL SINGH	2nd Year	CSE	Satyapal
4	2102310100004	ARVIND KUMAR	2nd Year	CSE	Arvind Kumar
5	2102310100006	RAM DULAREY	2nd Year	CSE	(AB)
6	2102310100007	AJIT SINGH	2nd Year	CSE	Ajit
7	2102310100008	RADHESHYAM TIWARI	2nd Year	CSE	(AB)
8	2102310100009	HARI PAL	2nd Year	CSE	Hari Pal
9	2102310100010	RAJU KUMAR SINGH	2nd Year	CSE	Raju Kumar
10	2102310100011	DILIP TIWARI	2nd Year	CSE	DILIP TIWARI
11	2002310100015	SHIV KUMAR SHARMA	2nd Year	CSE	(AB)
12	2002310100016	SUNIL KUMAR	2nd Year	CSE	Sunil Kumar
13	2102310100018	SHIV KUMAR AGRAWAL	2nd Year	CSE	(AB)
14	2102310100019	PANKAJ CHAUHAN	2nd Year	CSE	Pankaj
15	2102310100020	AVNISH KUMAR	2nd Year	CSE	(AB)
16	2102310100021	KAPIL KUMAR	2nd Year	CSE	Kapil Kumar
17	2102310100022	MANOJ KUMAR	2nd Year	CSE	(AB)
18	2102310100023	NAVEEN KUMAR	2nd Year	CSE	(AB)
19	2102310100024	VIPIN KUMAR	2nd Year	CSE	Vipin Kumar
20	2102310100025	MR. VIJAY KUMAR GUPTA	2nd Year	CSE	(AB)
21	2102310100026	INDRA PAL YADAV	2nd Year	CSE	(AB)
22	2102310100027	RAS MOHAN JHA	2nd Year	CSE	Ras Mohan Jha
23	2102310100028	HARISH	2nd Year	CSE	(AB)
24	2102310100029	MR RAJEEV GOYAL	2nd Year	CSE	(AB)
25	2102310100031	MANISH MITTAL	2nd Year	CSE	Manish Mittal
26	2102310100032	SATRAJEET YADAV	2nd Year	CSE	(AB)
27	2102310100034	SHRAWAN KUMAR	2nd Year	CSE	Shrawan
28	2102310100035	BIJENDRA	2nd Year	CSE	(AB)
29	2102310100036	RIPUDAMAN TYAGI	2nd Year	CSE	Ripudaman Tyagi
30	2102310100037	BRIJ PAL SINGH	2nd Year	CSE	(AB)
31	2102310100038	DINESH KUMAR YADAV	2nd Year	CSE	(AB)
32	2102310100039	CHAMAN LAL	2nd Year	CSE	Chaman Lal
33	2102310100042	SHATRUGHAN THAKUR	2nd Year	CSE	(AB)
34	2102310100043	SANJAY TYAGI	2nd Year	CSE	Sanjay Tyagi
35	2102310100044	SUBHASH KUMAR SINGH	2nd Year	CSE	(AB)
36	2102310100045	SANJEEV PANDEY	2nd Year	CSE	(AB)
37	2102310100046	SHRIOM	2nd Year	CSE	Shriom
38	2102310100048	NAFEES KHAN	2nd Year	CSE	(AB)
39	2102310100049	MOHD HAROON	2nd Year	CSE	Haroon
40	2102310100050	VIJAY KUMAR	2nd Year	CSE	Vijay
41	2102310100051	MR. SANJAY KANSAL	2nd Year	CSE	(AB)
42	2102310100052	DEVENDRA VERMA	2nd Year	CSE	(AB)
43	2102310100053	MANOJ SHARMA	2nd Year	CSE	Manoj Sharma
44	2102310100054	BALKRISHAN SHARMA	2nd Year	CSE	(AB)
45	2102310100055	PANKAJ CHAUDHARY	2nd Year	CSE	(AB)
46	2102310100056	AJEET SINGH SHARMA	2nd Year	CSE	AJEET

(Signature)

Director
R.D. Engineering College
D. Ghaziabad



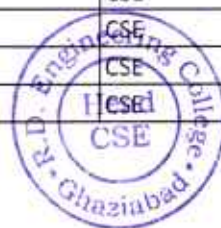
47	2102310100057	MR PRADEEP KUMAR	2nd Year	CSE	(AB)
48	2102310100058	MADHAV PRASAD	2nd Year	CSE	Madhav
49	2102310100059	RAVINDER PAL SINGH	2nd Year	CSE	Ravindra
50	2102310100060	PAWAN KUMAR SHARMA	2nd Year	CSE	Pawan
51	2102310100061	JITENDER SINGH	2nd Year	CSE	(AB)
52	2102310100062	SANJAY SRIVASTAV	2nd Year	CSE	Sanjay Sr
53	2102310100063	NARESH CHAND TYAGI	2nd Year	CSE	Naresh
54	2102310100064	UDAY SINGH	2nd Year	CSE	(AB)
55	2102310100065	SOHAN VEER SINGH	2nd Year	CSE	Sohan
56	2102310100066	MIR VINOD TYAGI	2nd Year	CSE	Vinod
57	2102310100067	RAJESH KUMAR	2nd Year	CSE	(AB)
58	2102310100068	SANJAY	2nd Year	CSE	Sanjay
59	2102310100070	SATENDRA CHOUDHARY	2nd Year	CSE	(AB)
60	2102310100071	JAGDISH TUTEJA	2nd Year	CSE	Jagdish
61	2102310100073	VIJAY KUMAR	2nd Year	CSE	Vijay
62	2102310100074	SUNIL UPADHYAY	2nd Year	CSE	(AB)
63	2102310100075	SATBIR SINGH	2nd Year	CSE	Satbir
64	2102310100076	MANOJ KUMAR	2nd Year	CSE	(AB)
65	2102310100077	SUNIL SAINI	2nd Year	CSE	(AB)
66	2102310100078	MOTILAL	2nd Year	CSE	(AB)
67	2102310100079	SATISH KUMAR	2nd Year	CSE	Satish
68	2102310100080	MR. VINOD TYAGI	2nd Year	CSE	(AB)
69	2102310100081	RAJKUMAR	2nd Year	CSE	Raj Kumar
70	2102310100082	SUNDER SINGH	2nd Year	CSE	(AB)
71	2102310100083	RAVINDRA SINGH	2nd Year	CSE	Ravindra
72	2102310100084	DINESH TYAGI	2nd Year	CSE	(AB)
73	2102310100086	PRAMOD TYAGI	2nd Year	CSE	Pramod
74	2102310100087	SARYU YADAV	2nd Year	CSE	Saryu
75	2102310100088	SINGHASAN SINGH KUSHWAHA	2nd Year	CSE	(AB)
76	2102310100089	UMA SHANKAR	2nd Year	CSE	Uma Shankar
77	2102310100090	RIYAZUDDIN	2nd Year	CSE	RIYAZUDDIN
78	2102310100091	MAHENDRA KUMAR	2nd Year	CSE	(AB)
79	2102310100092	RAVINDER CHAUDHARY	2nd Year	CSE	(AB)
80	2102310100093	ASHOK KUMAR THAKUR	2nd Year	CSE	Ashok
81	2102310100094	IQBAL SABBAG	2nd Year	CSE	(AB)
82	2102310100095	VIKAS TYAGI	2nd Year	CSE	Vikas Tyagi
83	2102310100096	AMARJEET SINGH	2nd Year	CSE	(AB)
84	2102310100097	SOHAN PAL	2nd Year	CSE	Sohan
85	2102310100098	SUNDER LAL	2nd Year	CSE	(AB)
86	2102310100099	SALIM AHMED	2nd Year	CSE	SALIM
87	2102310100100	MR JAGINPAL SINGH	2nd Year	CSE	(AB)
88	2102310100102	SURENDRA KUMAR	2nd Year	CSE	(AB)
89	2102310100103	SATPAL BAGDI	2nd Year	CSE	Satpal
90	2102310100104	BRAHAMDEV	2nd Year	CSE	(AB)
91	2102310100106	SURENDER TYAGI	2nd Year	CSE	(AB)
92	2102310100107	KAILASH KUMAR	2nd Year	CSE	Kailash
93	2102310100108	AMIT KUMAR GUPTA	2nd Year	CSE	(AB)
94	2102310100109	RASMANI YADAV	2nd Year	CSE	Rashmi
95	2102310100110	SANJAY ARORA	2nd Year	CSE	(AB)
96	2102310100111	SANJAY VERMA	2nd Year	CSE	(AB)
97	2102310100112	RANDHEER	2nd Year	CSE	Randheer
98	2102310100113	MOHAN SINGH	2nd Year	CSE	(AB)

99	2102310100115	RAJEEV VERMA	2nd Year	CSE	Rajeev
100	2102310100116	DEEPAK TYAGI	2nd Year	CSE	(AB)
101	2102310100117	AMIT TYAGI	2nd Year	CSE	Amit Tyagi
102	2102310100118	SANTOSH KUMAR SINGH	2nd Year	CSE	(AB)
103	2102310100119	PRATAP SINGH	2nd Year	CSE	(AB)
104	PREERN220078967	VIPIN PAL	2nd Year	CSE	(AB)
105	ERN222300008888	KUSHWAHA	2nd Year	CSE	(AB)
106	PREERN220065233	RAGH VENDRA MISHRA	2nd Year	CSE	Raghendra Mishra
107	PREERN220076165	SHYAMVEER SINGH	2nd Year	CSE	(AB)
108	PREERN220072576	MAHESH CHANDRA SHARMA	2nd Year	CSE	(AB)
109	PREERN220076309	RAVIKANT YADAV	2nd Year	CSE	Mahesh
110	PREERN220056678	AKHILESH BHARGAV	2nd Year	CSE	(AB)
111	PREERN220052227	CHANDER PAL SINGH KASANA	2nd Year	CSE	(AB)
112	ERN222300008720	Jagdish Kumar Srivastava	2nd Year	CSE	(AB)
113	ERN222300008846	Virendra Tripathi	2nd Year	CSE	(AB)
114	PREERN220076863	RAJENDRA SINGH	2nd Year	CSE	Virendra
115	PREERN220062805	MUKESH TYAGI	2nd Year	CSE	(AB)
116	PREERN220055672	SANJAY KUMAR SINGH	2nd Year	CSE	(AB)
117	PREERN220060159	RAJEEV GOEL	2nd Year	CSE	Rajeev
118	PREERN220087415	KRISHAN KUMAR	2nd Year	CSE	(AB)
119	PREERN220065812	RAJEEV CHOUDHARY	2nd Year	CSE	(AB)
120	PREERN220057346	ANIL TYAGI	2nd Year	CSE	Anil Tyagi
121	2002310100001	AAKASH KUSHWAHA	3rd Year	CSE	(AB)
122	2002310100002	AASHU PAL	3rd Year	CSE	(AB)
123	2002310100003	ABHAY	3rd Year	CSE	Abhay
124	2002310100005	ABHAY GUPTA	3rd Year	CSE	
125	2002310100006	ABHINAV BANSAL	3rd Year	CSE	Abhinav Bansal
126	2002310100007	ABHISHEK KUMAR KASHYAP	3rd Year	CSE	
127	2002310100008	ABHISHEK RAJBHAR	3rd Year	CSE	(AB)
128	2002310100009	ABHISHEK SHARMA	3rd Year	CSE	Abhishek
129	2002310100010	ADITYA KUMAR	3rd Year	CSE	
130	2002310100012	AJAY KUMAR	3rd Year	CSE	AJAY KUMAR
131	2002310100013	AKASH	3rd Year	CSE	
132	2002310100014	AKASH TYAGI	3rd Year	CSE	
133	2002310100015	AKSHAY SHARMA	3rd Year	CSE	AKSHAY SHARMA
134	2002310100016	AKSHIT CHAUDHARY	3rd Year	CSE	
135	2002310100017	AKSHIT TYAGI	3rd Year	CSE	Akshat
136	2002310100018	ALISHA YADAV	3rd Year	CSE	
137	2002310100019	AMAN GUPTA	3rd Year	CSE	
138	2002310100020	ANKIT	3rd Year	CSE	Ankit
139	2002310100021	ANKIT KUMAR	3rd Year	CSE	(AB)
140	2002310100022	ANKIT KUMAR GUPTA	3rd Year	CSE	
141	2002310100023	ANMOL KUMAR	3rd Year	CSE	Anmol Kumar
142	2002310100024	ANSHUMAN DIWAKAR	3rd Year	CSE	
143	2002310100025	ANTRIKSH KUMAR SHARMA	3rd Year	CSE	
144	2002310100026	ANUJ KUMAR YADAV	3rd Year	CSE	Anes
145	2002310100027	ANUSHKA TYAGI	3rd Year	CSE	
146	2002310100028	ARJUN DAHYA	3rd Year	CSE	Arjuna
147	2002310100029	ARUN KUMAR CHAUDHARY	3rd Year	CSE	(AB)
148	2002310100030	ARYAN TYAGI	3rd Year	CSE	
149	2002310100031	ASHISH KUMAR	3rd Year	CSE	Ashish
150	2002310100032	ASHISH KUMAR	3rd Year	CSE	



R.D. Engineering College
Ghaziabad

151	2002310100033	ASHISH KUMAR GUPTA	3rd Year	CSE	Ashish
152	2002310100034	ASHISH TYAGI	3rd Year	CSE	Ashish
153	2002310100035	ASHNA SINGH	3rd Year	CSE	Ashish
154	2002310100036	AYUSH GARG	3rd Year	CSE	AYUSH GARG
155	2002310100037	CHANCHAL	3rd Year	CSE	Chanchal
156	2002310100038	CHAUDHARY KESHAV AJAYBHAI	3rd Year	CSE	Chaudhary
157	2002310100039	DEEPAK BHARTI	3rd Year	CSE	Deepak B
158	2002310100040	DEEPAK KUMAR MISHRA	3rd Year	CSE	Deepak B
159	2002310100041	DEEPAK SINGH	3rd Year	CSE	Deepak Singh
160	2002310100042	DEEPANSHU BALIYAN	3rd Year	CSE	Deepank
161	2002310100043	DEEPANSHU RAJPUT	3rd Year	CSE	Deepank
162	2002310100044	DEEPANSHU VERMA	3rd Year	CSE	Deepank
163	2002310100045	DEV MITTAL	3rd Year	CSE	Dev
164	2002310100046	DEVANSH PAL	3rd Year	CSE	Devansh
165	2002310100047	DIWAKAR SHUKLA	3rd Year	CSE	Diwakar
166	2002310100048	GARVIT SHARMA	3rd Year	CSE	Garvit
167	2002310100049	GOLDI GUPTA	3rd Year	CSE	Goldi
168	2002310100050	GYANDEEP CHOUDHARY	3rd Year	CSE	Gyandeep
169	2002310100051	HARIOM ARYA	3rd Year	CSE	Hariom
170	2002310100052	HARSH TYAGI	3rd Year	CSE	Harsh
171	2002310100053	HIMANSHU GAUTAM	3rd Year	CSE	Himanshu
172	2002310100054	HIMANSHU VIG	3rd Year	CSE	Himanshu
173	2002310100055	HRITIK TYAGI	3rd Year	CSE	Hritik
174	2002310100056	KAJALGOYAL	3rd Year	CSE	Kajal
175	2002310100057	KAPIL DAGUR	3rd Year	CSE	Kapil
176	2002310100058	KHUSHI NIMMI	3rd Year	CSE	Khushi Nimmi
177	2002310100059	KHUSHI NIRWAN	3rd Year	CSE	Khushi Nirwan
178	2002310100060	KULDEEP SINGH KUSHWAHA	3rd Year	CSE	Kuldeep
179	2002310100061	KUNAL	3rd Year	CSE	Kunal
180	2002310100062	KUNAL YADAV	3rd Year	CSE	Kunal
181	2002310100063	LAXMI	3rd Year	CSE	Laxmi
182	2002310100064	MAHI GUPTA	3rd Year	CSE	Mahesh
183	2002310100065	MANAN SHARMA	3rd Year	CSE	Manan
184	2002310100066	MANISH KUMAR	3rd Year	CSE	Manish
185	2002310100067	MANISH YADAV	3rd Year	CSE	Manish
186	2002310100068	MANU TYAGI	3rd Year	CSE	Manu
187	2002310100069	MAYANK KUMAR CHATURVEDI	3rd Year	CSE	Mayank
188	2002310100070	MOHIT KUMAR	3rd Year	CSE	Mohit
189	2002310100071	MOHIT RAI	3rd Year	CSE	Mohit
190	2002310100072	MONI YADAV	3rd Year	CSE	Monika
191	2002310100073	NAGESHWAR SINGH	3rd Year	CSE	Nagesh
192	2002310100074	NAURANGI LAL	3rd Year	CSE	Naurangi
193	2002310100075	NEHA MITTAL	3rd Year	CSE	Neha
194	2002310100076	NIDA SAIFI	3rd Year	CSE	Nida
195	2002310100077	NISHANT SHARMA	3rd Year	CSE	Nishant
196	2002310100078	NISHANT SHARMA	3rd Year	CSE	Nishant
197	2002310100080	NITISH	3rd Year	CSE	Nitish
198	2002310100081	PALAK MITTAL	3rd Year	CSE	Palak Mittal
199	2002310100082	PARTH JOSHI	3rd Year	CSE	Parth
200	2002310100083	PRAMOD YADAV	3rd Year	CSE	Pramod



Feedback form

Yoga Exercise

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


R.D.E. Director
R.D.E. College
Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Dana, Ghaziabad



Feedback form

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


Director
R.D. Engineering College
for Extracurricular



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Dhule, Maharashtra



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IIIth

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




Director
R.D. Engineering College
Duhai, Ghaziabad

Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Dehra Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Pimpri, Maharashtra



Feedback form

Yoga Exercise

Branch CSE

Semester 3rd

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IIIrd Sem Date 21/08/21

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

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


Director
R.D. Engineering College
Duhai Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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

R.D.E.
R.D. Engineering College
Hyderabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester IIIrd Date 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 all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>		<input type="checkbox"/>	


Director
R.D. Engineering College
Dunari, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester III

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


Director
R.D. Engineering College
Duhur, Sahazabad



Feedback form

Yoga Exercise

Branch CSE

Semester III

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


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Faridkot College
Faridkot



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Dighai, Ghazipur



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Dhule, Maharashtra



Feedback form

Yoga Exercise

Branch CSE Semester IIIrd Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 3rd

Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IIIrd

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


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IIIth

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester VIIth

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



Director
R.D. Engineering College
Duna, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 3rd

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


Director
R.D. Engineering College
Dehat, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 3th

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


Director
College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester Vth Date 21-6-22

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

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


Director
R.D. Engineering College
Duhra, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester V+4 Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester Vtu Date 21-6-22

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

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


Director
R.D. Engineering College
Duhra Ghaziabad



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
(P.U.) Chazhahad



Feedback form

Yoga Exercise

Branch CSB Semester Vth 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 all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Durgam Chattrahad



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 2/06/22

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

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


Director
R.D. Engineering College
P.O. Ghaziabad



Feedback form

Yoga Exercise

Branch CSB Semester IV Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

Yoga Exercise

Branch CSB Semester V Date 21/6/22

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

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


Director
R.D Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSB Semester 5th Date 21/6/22

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

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


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester Vth

Date 21/6/22

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

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


Director
R.D.P. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester V Sem Date 21/6/22

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

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


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



Feedback form

Yoga Exercise

Branch CSE

Semester V

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


Director
R.D. Engineering College
Duhai, Ghuziat, Sindh



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 21/6/22

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

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


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

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

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

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


Director
R.D. Engineering College
Dhawal Ghaziabad



Feedback form

Yoga Exercise

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

R.D.



Feedback form

Yoga Exercise

Branch CSE

Semester 5th

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


R.D. Engineering College
Director
Ghaziabad



Feedback form

Yoga Exercise

Branch CSB

Semester Vth

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

[Signature]
R.D. Engineer
Ditro



Feedback form

Yoga Exercise

Branch CSE

Semester V sem

Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester IV

Date 21/6/22

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

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

[Handwritten Signature]
R.D. Ghaziabad College



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 21/6/22

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

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


Director
R.D. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSB Semester V Date 21/6/22

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

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



Feedback form

Yoga Exercise

Branch CSE Semester V Date 21/6/22

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

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


Director
R.D.F. Engineering College
Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester V

Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester V Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

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



Feedback form

Yoga Exercise

Branch CSB

Semester V

Date 21-6-22

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

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



Feedback form

Yoga Exercise

Branch CSE Semester IV Date 21/6/22

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester Vth Date 21/6/22

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

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

R.D. Engineering College
Chuziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 5th sem

Date 21/6/22

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

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

R.D. Engin
L. ai, C

ge
id



Feedback form

Yoga Exercise

Branch CSE Semester 5th sem Date 21/6/22

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

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

R.D.L. Dutt
College



Feedback form

Yoga Exercise

Branch CSB Semester 5thsem Date 21/6/22

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

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


Director
D. F. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE Semester 5th Sem 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 all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my 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:	✓			NO


Director
Engineering College
Widat, K. ...



Feedback form

Yoga Exercise

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch CSE

Semester 5th sem

Date 21-6-22

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

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


Director
R. D. Engineering College
Duhai, Ghazalabad



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


Director
R.D. Engineering College
Duhra Ghaziabad



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

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

Gmail

Search in mail

- 📧
- 📧
- 📧
- 📧
- 📧
- 📧
- ⋮

3 of 38

Invitation on Yoga Session

External Inbox X

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

Dear Mr. Vivek Bhardwaj,

We cordially invite you to conduct a Session on "YOGA" at our institution. Your expertise in the field of Yoga is valuable to our students and faculty members. The Session is scheduled on 21-06-2022 at R.D. Engineering College. It will be a three hours session, divided into two parts, followed by a session with the audience. We greatly appreciate your consideration of this invitation and look forward to your positive response.

Best regards,

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


R.D. Engineering College
Duhai, Ghaziabad



ere to search



Gmail

Search in mail



5 of 38

VIVEK BHARDWAJ
to me

Dear Sir,

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

Regards,
Vivek Bhardwaj

Thank you for your support.

Thanks for your response.

Our pleasure!

Reply

Forward


Director
R.D. Engineering College
Duhai, Ghazipur



Activate Windows
Go to Settings to activate



R.D. ENGINEERING COLLEGE

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

Notice

This is hereby informed to all the students of MBA that a one day student session on **YOGA** will be organized by the R.D Engineering College, Ghaziabad in association with IQAC on **21/06/2022 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. Gaurav Bansal

(Head & Professor, MBA Dept.)



CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering College
Duhai, Ghaziabad

VIVEK BHARDWAJ

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

OBJECTIVES

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

ACADEMICS

B.Sc. (Zoology Hones)

PROFESSIONAL QUALIFICATIONS

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



PROFESSIONAL EXPERIENCE

1. *Yoga instructor and health consultant in Anandateet Yog Sadhna Kendra, Gandhi Nagar.*
2. *Writing a book on Yogasanas.*
3. *Assigned as a yoga instructor for justice of supreme court through Morarji Desai National Institute of Yoga.*
4. *Resource person in state council of education research and training (SCERT) seminar yoga teachers.*
5. *Articles published in SCERT magazine.*
6. *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 - 22nd November 1981
Father's Name - Dr. Kaushal Kumar Bhardwaj
Languages known - English and Hindi
Permanent Address - 10/155 Geeta Colony Delhi-110031
Contact Numbers - 09650933755, 01122509898

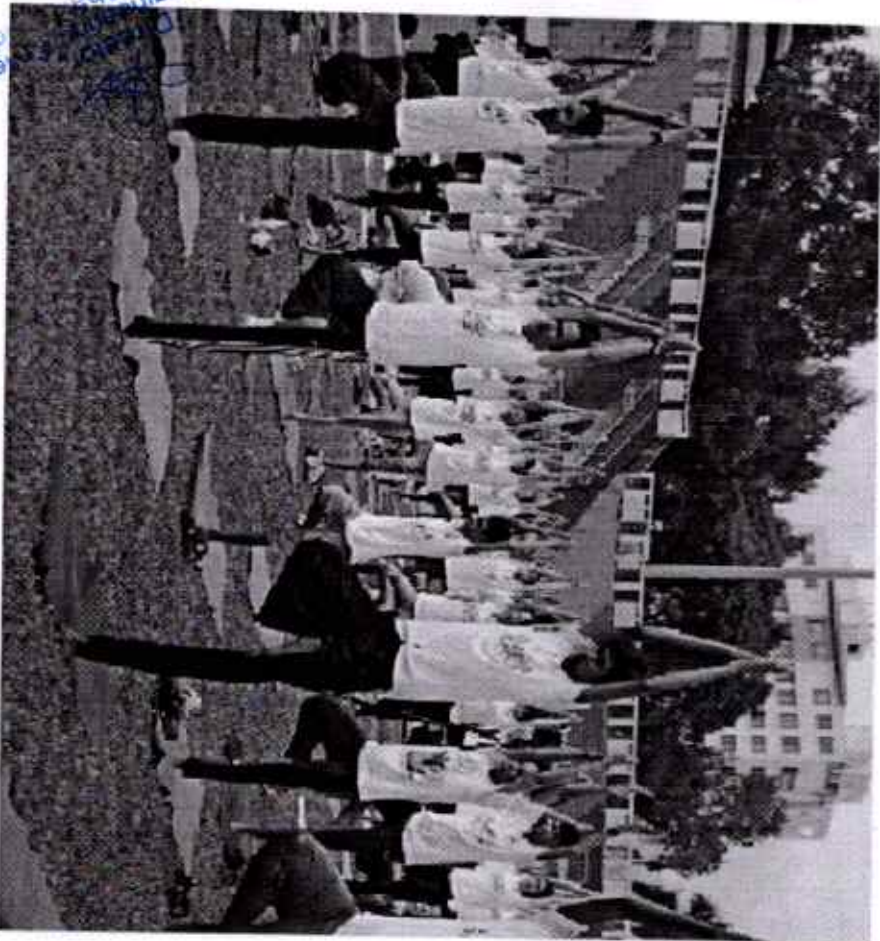

Director
R.D. Engineering College
Duhai, Ghaziabad



DELHI-NCR

R.D. ENGINEERING COLLEGE UNDER THE AEGIS OF IQAC

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



SESSION

**ON
YOGA**



MR. VIVEK BHARDWAJ

TIME: 10:00AM

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

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,

OBJECTIVES:-

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

FUTURE OUTCOMES:-

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

HOD MBA

(SIGNATURE) *



Director
R.D. Engineering College
Duhai, Ghaziabad

EVENT COORDINATOR

(SIGNATURE)

S. No.	Roll No.	Student Name	Signature	Date-21/06/2022
1	2102310700001	ABHISHT PANDEY	Abhisht Pandey	
2	2102310700003	AJAY NEGI	Ajay Negi	
3	2102310700004	AMAN AGGARWAL	Amn	
4	2102310700005	ANIRUDH KAUSHIK	AB	
5	2102310700006	ANSHIKA TYAGI	Anshika Tyagi	
6	2102310700007	ANSHU KUMAR	Anshu Kumar	
7	2102310700008	ARIBA	Ariba	
8	2102310700009	ARUNIMA SHARMA	Arunima Sharma	
9	2102310700010	ARUSHI TYAGI	Arushi Tyagi	
10	2102310700011	ASHISH YADAV	AB	
11	2102310700012	ASHWANI CHAUDHARY	Ashwani Chaudhary	
12	2102310700013	AVINASH KUMAR	Avinash Kumar	
13	2102310700014	AYUSH VERMA	Ayush Verma	
14	2102310700015	AYUSHI RANA	AB	
15	2102310700016	AYUSHI TYAGI	Ayushi Tyagi	
16	2102310700017	CHHAVI TYAGI	Chhavi Tyagi	
17	2102310700018	CHIRAG JAIN	AB	
18	2102310700019	DINESH KUMAR	Dinesh Kumar	
19	2102310700020	GURMEET	Gurmeet	
20	2102310700021	HARSH AGARWAL	Harsh Agarwal	
21	2102310700022	HARSH VARDHAN	Harsh Vardhan	
22	2102310700023	JYOTI KUMARI	Jyoti Kumari	
23	2102310700024	KAJAL PAL	AB	
24	2102310700025	KARISHMA	AB	
25	2102310700026	KHUSHI	Khushi	
26	2102310700028	KM KIRAN	Km Kiran	
27	2102310700029	KOMAL TYAGI	Komal Tyagi	
28	2102310700030	KONIKA GUPTA	Konika Gupta	
29	2102310700031	KRISHAN KANT KASHYAP	Krishan Kant Kashyap	
30	2102310700032	LAKSHAY SHARMA	Lakshay Sharma	
31	2102310700033	LALIT CHAUDHARY	Lalit Chaudhary	
32	2102310700034	MANNU SHARMA	Mannu Sharma	
33	2102310700035	MANU GEMINI	AB	
34	2102310700036	MAUSAM	Mausam	
35	2102310700037	MEGHNA GEMINI	Meghna Gemini	
36	2102310700038	MEHTAB ALI	Mehtab Ali	
37	2102310700039	NARAYAN KUMAR JHA	Narayan Kumar Jha	
38	2102310700040	NEHA PANCHAL	AB	
39	2102310700041	NIDHI CHAUDHARY	Nidhi Chaudhary	
40	2102310700042	NIKHIL DAGAR	Nikhil Dagar	
41	2102310700043	NISHA TYAGI	Nisha Tyagi	
42	2102310700044	NISHI SHARMA	Nishi Sharma	
43	2102310700045	NITESH SHARMA	AB	
44	2102310700046	PRAVEEN VERMA	Praveen Verma	
45	2102310700047	PRIYANAKA SHARMA	Priyanaka Sharma	



Director
R.D. Engineering College
Duhai, Ghaziabad

46	2102310700048	PRIYANSHU SHARMA	Priyanshu
47	2102310700049	RASHID LATIF	Rashid
48	2102310700050	RIDHI BANSAL	AB
49	2102310700051	RITIKA GOEL	Ritika
50	2102310700052	SACHIN	Sachin
51	2102310700053	SANKEY	Sankey
52	2102310700054	SHIVAM KASHYAP	AB
53	2102310700055	SHIVANI TYAGI	Shivani
54	2102310700056	SHLOK KALA	Shlok
55	2102310700057	SUBHI TYAGI	Subhi
56	2102310700058	SURBHI SHARMA	Surbhi
57	2102310700059	TANISHKA VERMA	AB
58	2102310700060	VAIBHAV RAWAT	Vaibhav
59	2102310700061	VARSHA SINGHAL	Varsha
60	2102310700062	VARTIKA AWASTHI	Vartika
61	2102310700064	YASH SHARMA	AB




 Director
 R.D. Engineering College
 Duha, Ghaziabad

Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Ajay Negi 2) Roll No 210231070003

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

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

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


Director
R.D. Engineering College
Daha, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Aman Agarwal 2) Roll No 21023107 00004

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Anshu Kumar 2) Roll No 2102310700007

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

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

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


Director
R.D. Engineering College
Duhau, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Agiba 2) Roll No 2102310700008

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Arushii Tyagi 2) Roll No 210231070010

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Ashwini Choudhary 2) Roll No 21023107 M012

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/04/2022

1) Name Ayush Verma 2) Roll No 2102310700014

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Anshi Tyagi 2) Roll No 2102310700016

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Dinesh KUMAR 2) Roll No 2102310700019

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Harsh Agarwal 2) Roll No 2102310700021

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Jyoti Kumari 2) Roll No 202310700023

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad.



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Khushi

2) Roll No 262310700026

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

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

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


Director
R.D. Engineering College
Duhai, Meerut



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Komal Tyagi 2) Roll No 2123/020029

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

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

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



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2023

1) Name Konika Gupta 2) Roll No 2102310200030

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Lakshay Sharma 2) Roll No 2102310700032

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

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

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


Director
R.D. Engineering College
Duhur, Laxmiabag



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2023

1) Name Mannu Sharma 2) Roll No 2102310200034

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Mousam 2) Roll No 2102310200136

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester III Date 21/06/2022

1) Name Mohab Ali 2) Roll No 21023107000387

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester I Date 21/06/2022

1) Name Nidhi Chawalhary 2) Roll No 202310700041

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

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

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


Director
R.D. Engineering College
Duhai, Ghazipur



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Nikhil Dagan 2) Roll No 2102310700042

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

YOGA SESSION

Branch MBA Semester II Date 21/06/2022

1) Name Nishi Sharma

2) Roll No 2102310700004

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

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

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



Director
R.D. Engineering College
Duhai Ghazipur



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.....

Date.....

Notice

This is hereby informed to all the students of MCA that R.D Engineering College is celebrating a **International Yoga Day** on 21st June 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.

Prof. Ashutosh Pradhan
(Head, MCA)

CC:

Director

Registrar

IQAC

Departmental Notice Board

Hostel Notice Board


Director
R.D. Engineering 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

H.O.D MCA

EVENT COORDINATOR




Director
R.D. Engineering College
Duhai, Ghaziabad



RD ENGINEERING COLLEGE



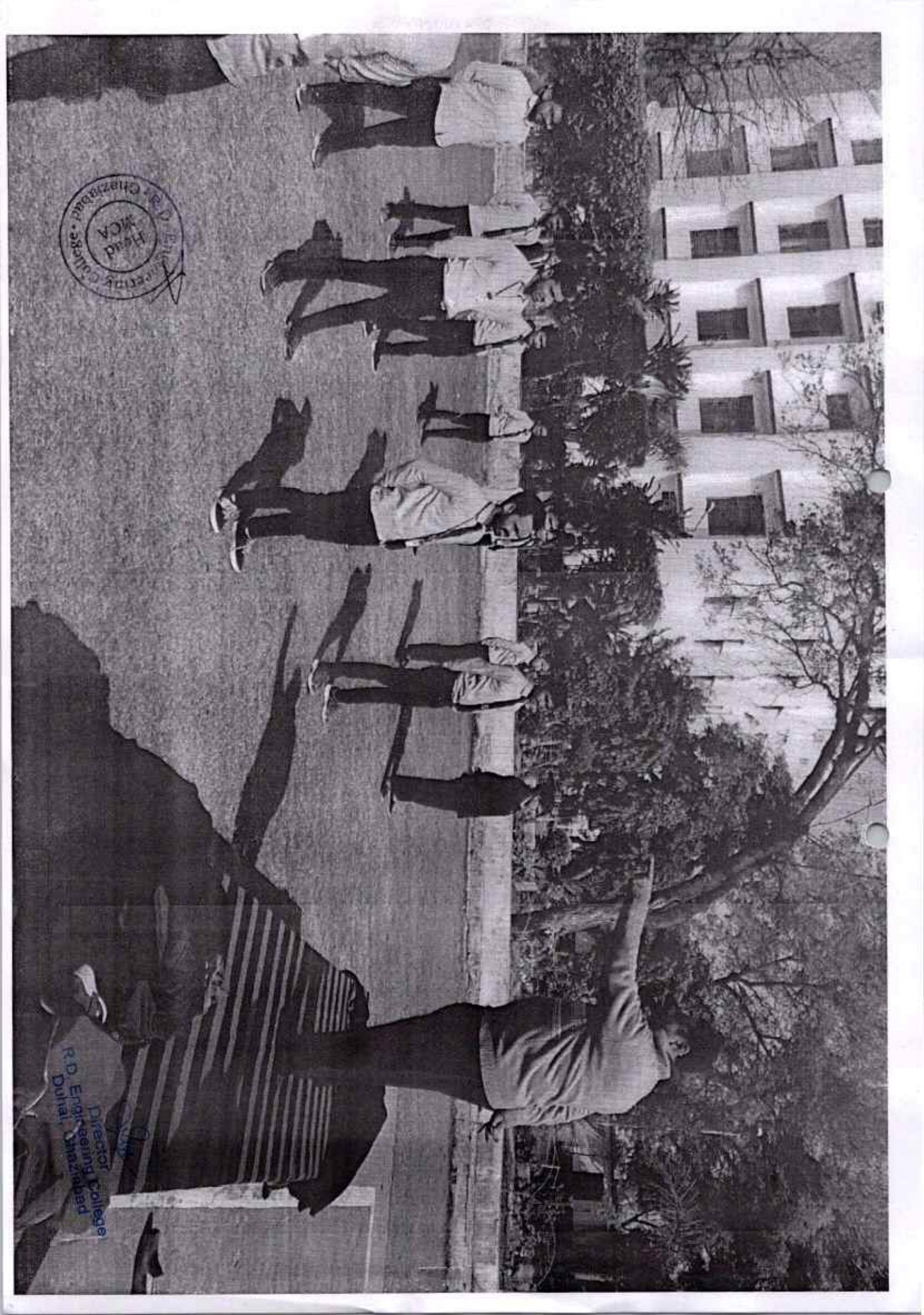
DATE -21/06/2022

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



R.P. Engineering College
Head MCA
Duniya, Chazhabad

Director of
R.P. Engineering College
Duniya, Chazhabad

Vivek Bhardwaj

vivekbhardwajyogsaadhak@gmail.com

RESOURCE PERSON PROFILE

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

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

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

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Invitation for Seminar

3 messages

hodmca<hod_mca@rdec.in>

Sat, June 11, 2022 at 12:11 PM

To: "vivekbhardwajyogsaadhak@gmail.com" <vivekbhardwai81>

Hello sir

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

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

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

Hoping for your favorable response about the matter.

Thank you very much.

Vivek Bhardwaj <vivekbhardwajyogsaadhak@gmail.com>

Mon, June 13, 2022 at 5:57 PM

To: hod mca <hod_mca@rdec.in>

Dear Sir,

Thanks for your invitation.

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

Thanks and regards,

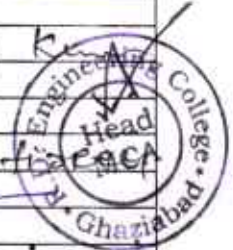
Vivek Bhardwaj
[Quoted text hidden]




Director
R.D. Engineering College
Duhai, Ghaziabad

709a session
ATTENDANCE OF MCA STUDENTS PARTICIPATED IN
ORGANISED BY R.D.ENGINEERING COLLEGE
UNDER THE AEGIS OF IQAC DATED: 21/06/22

SNo	ROLL NO.	NAME	YEAR	SIGNATURE
1	2102310140001	AADIL ALI	2 nd sem	Aadil Ali
2	2102310140002	AAKANSHA TYAGI	2 nd Sem	Aakansha
3	2102310140004	ABHAY	2 nd sem	Abhay
4	2102310140005	ABHISHEK KR GOND (NEW)	2 nd sem	Abhishek Gond
5	2102310140006	ABHISHEK SHARMA	2 nd sem	Abhishek
6	2102310140007	ABHISHEK VERMA	2 nd sem	Abhishek Verma
7	2102310140008	ABHISHEK VERMA	2 nd sem	Abhishek Verma
8	2102310140009	AMIT KUMAR SHARMA	2 nd sem	Amit Kumar
9	2102310140010	ANJALI SHARMA	2 nd sem	Anjali Sharma
10	2102310140012	ASHU KUMAR	2 nd Sem	Ashu Kumar
11	2102310140013	AWNISH KUMAR	2 nd Sem	Awnish Kumar
12	2102310140014	BHUPENDRA KUMAR	2 nd sem	Bhupendra Kumar
13	2102310140015	DEEPAK BHANDARI	2 nd sem	Deepak Bhandari
14	2102310140017	DEEPAK KUMAR	2 nd Sem	Deepak Kumar
15	2102310140019	GAURAV	2 nd sem	Gaurav
16	2102310140020	GAURAV SHARMA	2 nd Sem	Gaurav Sharma
17	2102310140021	GEETA RAGHAV	2 nd Sem	Geeta
18	2102310140022	GUNJAN SINGH	2 nd sem	Gunjan Singh
19	2102310140023	HARSH SHARMA	M 2 nd Sem	Harsh Sharma
20	2102310140024	HARSH VARDHAN	2 nd Sem	Harsh
21	2102310140025	HIMANSHU SRIVASTAVA	2 nd sem	Himanshu
22	2102310140026	HIMANSHU TAMAR	2 nd sem	Himanshu Tamar
23	2102310140027	KAMINI	2 nd Sem	Kamini
24	2102310140029	KRISHAN SHARMA	2 nd sem	Krishan Sharma
25	2102310140031	LAVKUSH TYAGI	2 nd sem	Lavkush Tyagi
26	2102310140030	LAKSHIT CHAUHAN	2 nd Sem	Lakshit Chauhan
27	2102310140034	MUKUL CHAUHAN	2 nd sem	Mukul Chauhan
28	2102310140033	MANSI SAINI	2 nd sem	Mansi Saini
29	2102310140032	MADHVI DIXIT	2 nd Sem	Madhvi
30	2102310140035	MUSHARRAF AHMED	2 nd sem	Musharraf Ahmed
31	2102310140037	NAVEEN KUMAR	2 nd sem	Naveen Kumar
32	2102310140035	NAKUL	2 nd Sem	Nakul
33	2102310140038	NISHA (MBA)	2 nd sem	Nisha
34	2102310140039	NISHANT TYAGI (NEW)	2 nd Sem	Nishant Tyagi
35	2102310140041	PANKAJ KUMAR KUSHWAHA	2 nd sem	Pankaj
36	2102310140042	PRACHI SINGH	2 nd sem	Prachi Singh
37	2102310140043	PRAMOD KUMAR	2 nd Sem	Pramod Kumar
38	2102310140045	PRASHANT KUMAR	2 nd Sem	Prashant
39	2102310140046	PRATEEK TYAGI	2 nd Sem	Prateek Tyagi
40	2102310140047	PRIYANSHU SRIVASTAVA	2 nd Sem	Priyanshu Srivastava
41	2102310140048	RAHI TYAGI	2 nd Sem	Rahi
42	2102310140049	RAJAN KUMAR	2 nd sem	Rajan Kumar
43	2102310140049	RAJAT TYAGI	2 nd sem	Rajat Tyagi
44	2102310140051	ROHIT KUMAR	2 nd Sem	Rohit
45	2102310140052	RENU TIREEYA	2 nd sem	Renu Tireeya
46	2102310140054	ROSHAN MAURYA	2 nd Sem	Rohan Maurya
47	2102310140055	RUPAL TYAGI	2 nd Sem	Rupal
48	2102310140056	SACHIN TYAGI	2 nd Sem	Sachin Tyagi
49	2102310140057	SADAB ALI	2 nd Sem	Sadab Ali
50	2102310140058	SAGAR SIROHI	2 nd Sem	Sagar
51	2102310140059	SANJEEV KUMAR	2 nd Sem	Sanjeev Kumar



52	2102310140061	SHIVANI PAL	2 nd sem	shivani pal
53	2102310140060	SHAGUN TYAGI	2 nd Sem	Shagun
54	2102310140062	SUBHAM SRIVASTAVA	2 nd sem	Subham Srivastava
55	2102310140063	SUMIT KUMAR	2 nd sem	Sumit Kum
56	2102310140064	UTKARSH TIWARI	2 nd Sem	Utkarsh
57	2102310140066	UWAISH KHAN	2 nd sem	Uwaish Khan
58	2102310140067	VAIBHAV SHARMA	2 nd sem	Vaibhav Sharma
59	2102310140068	VANDNA TYAGI	2 nd Sem	Vandana
60	2102310140069	VARSHA TYAGI	2 nd sem	Varsha tyagi
61	2102310140071	VIJAY SINGH	2 nd sem	Vijay Singh
62	2102310140072	VIKKI	2 nd Sem	Vikki
63	2102310140073	VIMAL KUMAR	ATB	SEMT
64	2102310140074	VIPIN TYAGI	2 nd sem	Vipin tyagi
65	2102310140075	VISHAL CHAUHAN	2 nd Sem	Vishal
66	2102310140077	Yashasvi Vashisth	ATB	SEMT
67	2102310140079	yash Tyagi	2 nd sem	Yash Tyagi
68	2102310140078	YATIN TYAGI	2 nd Sem	Yatin




 Director
 R.D. Engineering College
 Duhai, Ghaziabad

ATTENDANCE OF MCA STUDENTS PARTICIPATED IN

Yoga session

ORGANISED BY R.D.ENGINEERING COLLEGE

UNDER THE AEGIS OF IQAC DATED: 21/06/22

SNo	ROLL NO.	NAME	YEAR	SIGNATURE
1	2002310140001	AABAD HASAN	4 th Sem	<i>Aabad Hasan</i>
2	2002310140002	AARYA TYAGI	4 th Sem	<i>Aarya</i>
3	2002310140003	AKASH KUMAR SINGH		<i>AKASH SINGH</i>
4	2002310140004	ALOK KUMAR	4 TH Sem	<i>Alok Kumar</i>
5	2002310140005	ALOK RATAN GAUTAM	4 th Sem	<i>Alok R</i>
6	2002310140006	AMAN TYAGI		<i>AMAN TYAGI</i>
7	2002310140007	ANJALI TYAGI	4 TH Sem	<i>Anjali</i>
8	2002310140008	ANKIT SINGH	4 th Sem	<i>Ankit Singh</i>
9	2002310140009	ANKIT YADAV		
10	2002310140010	ANUBHAV KAUSHIK	4 TH Sem	<i>Anubhav</i>
11	2002310140011	GAURAV ROY	4 th Sem	<i>Gaurav R</i>
12	2002310140012	HEMANT SHARMA		<i>HEMANT SHARMA</i>
13	2002310140013	HIMANSHU PAL	4 TH Sem	<i>Himanshu</i>
14	2002310140014	JITENDER KUMAR	4 th Sem	<i>Jitendra</i>
15	2002310140015	JUHI KUMARI		<i>JUHI KUMARI</i>
16	2002310140016	KAJAL	4 TH Sem	<i>Kajal</i>
17	2002310140017	KARAN KUMAR	4 th Sem	<i>Karan Kumar</i>
18	2002310140018	KM ANJALI	4 th Sem	<i>Anjali</i>
19	2002310140019	KRISHNA	4 TH Sem	<i>Krishna</i>
20	2002310140020	MOHD FAIZAAALAM	4 th Sem	<i>Mohd</i>
21	2002310140021	MOHIT KAUSHIK		
22	2002310140023	NEERAJ	4 TH	<i>Neeraj</i>
23	2002310140024	NISHANT SHARMA	4 th Sem	<i>Nishant</i>
24	2002310140025	PANKAJ SINGH		
25	2002310140027	POOJA KUMARI	4 TH Sem	<i>Pooja</i>
26	2002310140028	PRACHI SINGH	4 th Sem	<i>Prachi</i>
27	2002310140029	PRACHI TYAGI		
28	2002310140030	PRATIMA PANDEY	4 TH SEM	<i>Pratima Pandey</i>
29	2002310140032	RAJ KUMAR	4 th Sem	<i>Raj</i>
30	2002310140033	RAKESH RAI	4 TH Sem	<i>Rakesh</i>
31	2002310140034	ROHAN TYAGI	4 th Sem	<i>Shivam</i>
32	2002310140035	SHIVAM TIWARI		<i>SHIVAM TIWARI</i>
33	2002310140036	SHIVANI ARIA	4 TH Sem	<i>Shivani Arya</i>
34	2002310140037	SHUBHAM TYAGI	4 th Sem	<i>Sonu</i>
35	2002310140038	SONU SAH		
36	2002310140039	SUJATA SHRESTHA	4 TH Sem	<i>Sujata</i>
37	2002310140040	SURAJ SINGH BIST	4 th Sem	<i>Singh in Bist</i>
38	2002310140041	SWATI SINGH		
39	2002310140042	URVASHI SRIVASTAVA	4 TH Sem	<i>Urvashi</i>
40	2002310140043	VIKRANT CHOUDHARY	4 th Sem	<i>Vikrant</i>
41	2002310140044	VISHNU KUMAR		<i>VISHNU KUMAR</i>
42	2002310140045	VISHWAKARMA PANDEY		

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name AADIL ALI

2) Roll No 2102310140001

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

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


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name AAKANSHA TYAGI

2) Roll No 2102210140002

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2 Sem Date 21/06/22

1) Name Abhoy 2) Roll No 2102310140004

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓	+		
7	In general what I have learned in this class will be helpful in my everyday life.	4	✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Abhishek K. Goyal

2) Roll No 2102310140005

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name ARHISHEK SHARMA 2) Roll No 2102310140006

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/2022
1) Name Abhishek Verma 2) Roll No 2102310140007

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Abhishek Verma

2) Roll No 210310140008

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2ND Date 21/06/22
1) Name ANIT KUMAR SHARMA 2) Roll No 2102310140009

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/2022
1) Name Anjali sharma 2) Roll No 27D23/014001

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		(YES)		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Ashu kumar

2) Roll No 210231014002

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/01/22

1) Name ANISH KUMAR 2) Roll No 210236140013

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Bhupendra Kumar 2) Roll No 2102310140014

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓	+		
7	In general what I have learned in this class will be helpful in my everyday life.	✓	+		
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/2022

1) Name Deepak 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.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		(YES)		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name DEEPAK KUMAR 2) Roll No 210236140017

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Chauhan 2) Roll No 2102310140019

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Gaurav sharma

2) Roll No 210231040020

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name GEETA RAGHAV 2) Roll No 2102310140021

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Dunari, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name gunjan singh 2) Roll No 21023101400

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Harsh sharma

2) Roll No 21023/0/40023

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 all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name HARSH VARDHAN 2) Roll No 2102310140024

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Sem Date 21/06/2022
1) Name Himanshu Srivastava 2) Roll No 2102310140025

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Himanshu Taran

2) Roll No 2102310140026

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 21/06/22

1) Name KANINI

2) Roll No 2102810140027

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Sem Date 21/06/22
1) Name Prishon sharma 2) Roll No 2102310140029

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Lavkush Tyagi

2) Roll No 2102310140031

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name LAKSHIT CHAUHAN 2) Roll No 2102310140030

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2 sem Date 21/06/22
1) Name Musharraf Ahmed 2) Roll No 2102310140034

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd Sem

Date 21/06/22

1) Name Mansi saini

2) Roll No 2102310140033

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		(YES)		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name MADHVI DIXIT

2) Roll No 2102310140022

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2 sem Date 21/06/20
1) Name Mustaurof Ahmed 2) Roll No 2102310140035

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Naveen Kumar

2) Roll No 2102310140037

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		(YES)		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd

Date 21/06/22

1) Name NARUL

2) Roll No 2102310140026

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓	✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2 Sem Date 21/06/22
1) Name Nisha 2) Roll No 2102310140038

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 2/06/22

1) Name Nishant Jyoti

2) Roll No 2102310140039

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name PANKAJ KUMAR KUSHWAHA 2) Roll No 2102310140041

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Sem Date 21/06/22

1) Name Prachi Singh 2) Roll No 2102310140042

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	(YES)		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Parasmod Kumar

2) Roll No 262310140044

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name PRASHANT KUMAR 2) Roll No 2102310140045

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2^{sem} Date 21/06/22

1) Name Pooja Beek Tyagi 2) Roll No 2102310140046

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Poojyashu Shrivastava

2) Roll No 2102310140047

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name RATI TYAGI

2) Roll No 2102310140048

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/2022
1) Name Rajan Kumar 2) Roll No 2102310140649

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Rajat Tyagi

2) Roll No 2102310140050

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name ROHIT KUNAR 2) Roll No 2102310140053

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22
1) Name Renu Jireeya 2) Roll No 2102310140052

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Roshan Maurya

2) Roll No 2102310140054

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓	✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name RUPAL TYANI 2) Roll No 2102310140025

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2 sem Date 21/06/22
1) Name Sadot Ali 2) Roll No 210231014007

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd sem

Date 21/06/22

1) Name Sadab Ali

2) Roll No 2102310140057

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name SAHAR SIROHI 2) Roll No 2102310140058

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 6 Sem Date 21/06/22
1) Name Sanjeev Kumar 2) Roll No 2102310140059

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 2nd Sem

Date 21/06/22

1) Name Shivani pal

2) Roll 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 all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name SHAGUN TYAGI 2) Roll No 210231014080

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2^{sem} Date 21/06/22
1) Name Subham Srivastava 2) Roll No 2102310140062

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Sumit Kumar

2) Roll No 2102310140063

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name UTKARSH TIWARI 2) Roll No 2102310140064

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2^{sem} Date 21/06/20
1) Name UwAish Khan 2) Roll No 2102310140666

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Vidhau sharma

2) Roll No 2102310140067

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name VANDANA TIWARI 2) Roll No 2102310140068

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch _____ Semester _____ Date 21/06/2022

1) Name Vaizaha Tyagi 2) Roll No 2102310140069

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness				
2	The breathing exercises I learned to calm me were effective.				
3	I will use these breathing exercises to help me in my daily life.				
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.				
5	I will use these meditation techniques in my daily life.				
6	I will use these yoga postures and stretching exercises in my daily life.				
7	In general what I have learned in this class will be helpful in my everyday life.				
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Vijay Singh

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.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester MCA 2nd sem Date 21/06/22

1) Name VIKKI

2) Roll No 2102310140072

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Vipin Tyagi

2) Roll No 2102310140074

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	

Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22

1) Name VISHAL CHAUHAN

2) Roll No 2102310140075

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd sem Date 21/06/22

1) Name Yash Tyagi

2) Roll No 2102310140076

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.	✓	✓		
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 2nd Date 21/06/22
1) Name YATIN TYAHI 2) Roll No 2102310140078

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21/06/22

1) Name AABAD HAJAN

2) Roll No 2002210140001

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		<u>YES</u>		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/22

1) Name Aanya Tyagi

2) Roll No 200231014002

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21/06/22

1) Name ALOK KUMAR

2) Roll No 2002310140004

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/22

1) Name Alok Rata Goudam

2) Roll No 2002310140005

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			<input type="checkbox"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21/06/23

1) Name ANJALI TIAGI

2) Roll No 2002310140007

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th sem Date 21/06/22

1) Name Ankit Singh

2) Roll No 200231014009

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21 June 22

1) Name ANURHAV KAUSHIK 2) Roll No 2002310140010

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th sem Date 21/6/22

1) Name Amrta Row

2) Roll No 2002310140011

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/>			<input type="radio"/>


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21-6-22

1) Name HIMANSHU PAL 2) Roll No 2002310140013

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 4th sem

Date 21-6-22

1) Name Jitendra Kumar

2) Roll No 2002310140014

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 4th

Date 21-6-22

1) Name KAJAL

2) Roll No 2002310140016

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21-6-22

1) Name Khanan Ruman

2) Roll No 2002310140014

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21/06/23

1) Name 2002310140018 2) Roll No Angaly

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21-6-22

1) Name KRISHNA

2) Roll No 2002310140019

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 4th

Date 21-6-22

1) Name MOHD Faizaaalam

2) Roll No 2002310140020

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch S MCA Semester 4TH Date 21-6-22

1) Name NEERAJ

2) Roll No 2002510140023

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21-6-22

1) Name Nishant Sharma

2) Roll No 2002310140024

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness.	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO

R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21-6-22

1) Name POOJA KUMARI

2) Roll No 2002310140027

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.	<input checked="" type="checkbox"/>			
3	I will use these breathing exercises to help me in my daily life.		<input checked="" type="checkbox"/>		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21-6-22

1) Name Parachi Singh

2) Roll No 200231d40098

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21-6-22

1) Name PRATINA PANDAY 2) Roll No 2002310140030

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness		✓		
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.		✓		
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 4th Sem

Date 21/6/22

1) Name Raj Kumar

2) Roll No 2002310140032

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES			NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21-6-22

1) Name RAKESH RAI 2) Roll No 2002310140033

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	✓			
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:		YES		NO


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA

Semester 4th sem

Date 21/6/22

1) Name Roshan tyagi

2) Roll No 200231040034

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="checkbox"/>			


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21/6/22
1) Name SHIVANI ARYA 2) Roll No 2002310140036

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

S.No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.	<input checked="" type="checkbox"/>			
5	I will use these meditation techniques in my daily life.		<input checked="" type="checkbox"/>		
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th Date 21-June-22

1) Name Shubham Tyagi

2) Roll No 2002310140037

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.		✓		
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.	✓			
6	I will use these yoga postures and stretching exercises in my daily life.		✓		
7	In general what I have learned in this class will be helpful in my everyday life.	✓			
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4TH Date 21/6/22

1) Name SUJATA SHRESTHA 2) Roll No 2002810140038

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.	<input checked="" type="checkbox"/>			
7	In general what I have learned in this class will be helpful in my everyday life.		<input checked="" type="checkbox"/>		
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th sem Date 21/6/22

1) Name Suraj Singh Bist

2) Roll No 200210140040

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	✓			
2	The breathing exercises I learned to calm me were effective.	✓			
3	I will use these breathing exercises to help me in my daily life.	✓			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		✓		
5	I will use these meditation techniques in my daily life.		✓		
6	I will use these yoga postures and stretching exercises in my daily life.	✓			
7	In general what I have learned in this class will be helpful in my everyday life.		✓		
8	I would recommend this yoga class to other. make circle one:	YES		NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester _____ Date 21/6/22
1) Name URVASHI SRIVASTAVA 2) Roll No 2002310140042

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad



Feedback form

Yoga Exercise

Branch MCA Semester 4th sem Date 21-6-22

1) Name Vikrant Choudhary 2) Roll No 200231014043

Please respond to the following Statements to indicate the extent to which you agree or disagree with each statement. Please tick right the number that applies

No	Questions	A great deal	Moderately	A little	Not at all
1	The activities in the yoga class left me with an overall feeling of wellness	<input checked="" type="checkbox"/>			
2	The breathing exercises I learned to calm me were effective.		<input checked="" type="checkbox"/>		
3	I will use these breathing exercises to help me in my daily life.	<input checked="" type="checkbox"/>			
4	The yoga postures and stretching exercises I learned reduced the stiffness in my body.		<input checked="" type="checkbox"/>		
5	I will use these meditation techniques in my daily life.	<input checked="" type="checkbox"/>			
6	I will use these yoga postures and stretching exercises in my daily life.		<input checked="" type="checkbox"/>		
7	In general what I have learned in this class will be helpful in my everyday life.	<input checked="" type="checkbox"/>			
8	I would recommend this yoga class to other. make circle one:	<input checked="" type="radio"/> YES		<input type="radio"/> NO	


Director
R.D. Engineering College
Duhai, Ghaziabad

