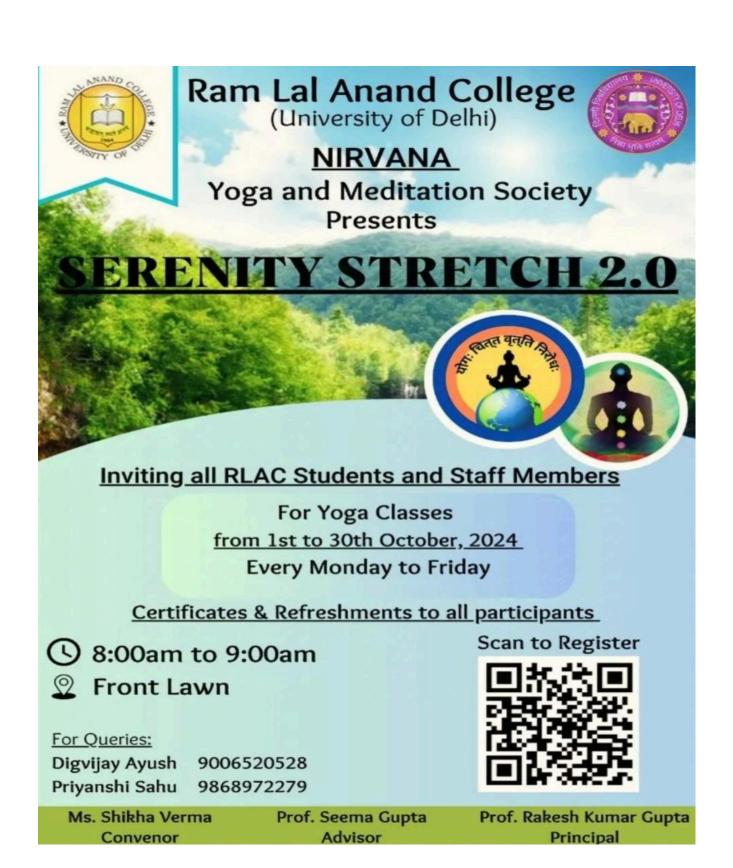
RAM LAL ANAND COLLEGE NIRVANA YOGA AND MEDITATION SOCIETY YOGA WORKSHOP REPORT SESSION 2024- 2025

Name of the Event<u>-</u> Serenity Stretch 2.0 Nature of the Event - Physical mode Date- 1st October 2024 - 30th October 2024 Venue- Front lawn Time- 8AM to 9AM Number of participants – 25-30

Overview –

NIRVANA, the Yoga and Meditation Society of Ram Lal Anand College, University of Delhi, after a successful completion of **SERENITY STRETCH 1.0**, organized **SERENITY STRETCH 2.0**, a one month-long yoga workshop from 8 AM to 9 AM, benefiting from the substantial cooperation and support of faculty members, core members, and participants. The objective of this workshop was to enhance and refine participants' yoga asanas while promoting physical well-being through a variety of asanas and pranayama, guided by our skilled instructors **Mr. Shishir Pokhriyal** and **Mr. Vikrant Rana**. Individuals of all levels, from beginners to advanced practitioners could participate in the workshop. It included fundamental asanas such as Natarajasana, Trikonasana, and pashchimotanasana, as well as more advanced poses like Laghu vajrasana, Purna-matsyendrasana, and Sarvangasana. Each session was designed to improve flexibility and strengthen the core. It began with a gentle warm-up, followed by several rounds of Surya Namaskar, and then moved forward to backbending, forward bending, hand balancing, and leg balancing asanas, concluding it with Shavasana and mantra chanting.

Participants exhibited exceptional commitment, characterized by regular attendance and active involvement. The environment fostered inclusivity and collective motivation, resulting in a nurturing community where students were able to learn, develop, and improve their fitness levels. The achievements of "Serenity Stretch 2.0" underscored the increasing enthusiasm for holistic health practices among students, emphasizing the significance of maintaining mental and physical equilibrium in everyday life. The organization intends to arrange similar initiatives in the future to further advocate for health and mindfulness.





<u>Attendance</u>

	Day 1 (152 Octobe		1 3	1 1	
	Name	Course	ye.	MIA	Signi ;
1 2.	Kyush Singh	Pol sorth)	15t	F	Shubha Ayurtal
3.	Shekhar Suinan	HUS (H)	LSt		abethe
ц.	prit Sadan .	Mis(Hon)	yst	M	prof
5	Drohi Ka	heelaf nor.)	10+	F	Arshika -
6.	shubli .	Bion (P)	18+	F	Frush'
7	Yashika Chakaavarte	Palsui (Hons)	1st	F	Yashita
8.	Herra Jaschine Manepalle	Pol aci (Hora)	1 st	F	Pina
9.	në kë fa	C'SCH)	Lit	£	mpo.
× 10.	Anuchka Gaun	BAPL	and	F	dank
11.	-Anuradha ~	B.A (P)	NI	F	Avent
12.	Kunchit ~	11	1	M	Run
13.	Akarsh 🗸	1.) e	M	-A beal
14	Amil for Verma	B. Com (H)	3rd	1	tomes
15	sonal' Jadav	BA (P) (H)	2n L	F	Sonali
16	Nitish	B. lom prog	15+	m	N. 182
17	Shivan	Mathe Ey).	2nd	M	and the
18	Yogesh	CS CH)	15+	M	Del
15	Arpit 2	4	4	1/	Aper-
20	Mohit ,	11	11	17	pielit.
21		Mist (H)	339	M	and
	Dignijay		9		
	- AL CALL ST CALL	Fotel	_/	6	A
		1 0 000	C	/	
	Al- Intal				

DAY-2 (3 OCTOBER - Thussiday) SNO. Name DEAR M/F Ston Course S.N Amit Kuman Veguna 1. B-Com(H) 3rd M ford Might 2. Shivam Sharma B.Sc.(H) and M Hena Varshini Marepalli 3. BA(H)RJ Sai 1st F Rom Harshit 4. Hanshit 224 BJMC M S. Rahul Kumar Gupta BIML 210 M Rh Aprudi Arushi Agarwal Microsio 2nd 6. F Pooja Kumari BA . Pot Sc (14) 1St 7 Fort's F 8 Vashika Chakravart BA. POISC(1+) 1st F Vashik 9. Vikash kumar. B. (om (H) 19+ urally 1 M Nikita ter 10 BSC CS 18t F laty, Sakshi Kalva 11 BSCCS 15+ F Varun GUPTA Ve BSCCS 1St M 12 Priyanshu Patel 13. 1st Bms M 2nd PolSci (H) atisl 14. Ritesh M Jonali IS. Ŧ 11 Seluti 1 li -16 Agush M Aquil 11 11 1st PSC CS Per Yogesh 17: 5 Dasi. 13 Aspit BSCCS 154 ~ M 19. Mohit .. 1 11 1) Mohit 11 BSC Eneo 6007 101 Anohiky K 20 Anohiky / 21) Ruchita Bre Mintiplay 152 F Ruchette Anuradha Bauddha and F BA (P) Anny 22) Totel - 18

	DAY-3 (4-OCTOBER	- FRID	AY)		
S.NO.	Name	Cococje	У	M/F	Sign
1.	Dignijang Ayush Progranche Sahu	Mist	329	MF	Byrr .
3 4	Amet Kr. Venne Borreli Yadan	Comm. Pol.su	320	M F	Amiles -
5 6 7	Anuladha Bhéram	BALP) Maths	2 2 2		Anurodha Slight
8	Voyesh	ejeo CS 11	18t 15t 15t	FYY	Area ,
10	Mohit Ruchite Himani	Miano Pot. Sú	2st 2ró	F	Rivelily
12 13	kushna ' Nikita	in is	240	F. F	
14	Satesti Ayush Singt Vitte	Pot.sci . Miro	J st 2 nd 2 nd	FMG	tyuth A
16	Sargestwar Sepit		3ª		Samertin
. 19	Hena Varihini Marepalli Yashika Chakeg varti	Polsci(H)	1 st	F	Dena (Vashita i
24 ALE	Vikash Kumas Kulungha Kingha	B. Com (H) Reconstances			vitest i
24	Preyanshy Patel Shubhi	Bms B. com	1st-	1	Rushi
25	Vanun	Bre (S)	Ist	M	Van
	Total - 24				in the second
				17	

Day - 4 (17th October 2024, Monday) ys S.No. Name Course Sign MF BSc (H) Microbiology Priyanshi 3 6. Creyort James Sarveshuar BR (h) History 3 2.0 M BSC (A) Crealogy 3 Anshika 1 and Anobi Xa Amuradhe Bauddha BA.P (H+P) 4. 2 Arme F Rahul gupta BIMC 5. red 2 M 6. Pryanshu Patel Bms R 1 M Stopit Loghy ¥. Bac (n) is 1 M 8 Raphri BA (H) History F 2 9. Dothi Julhi Geology F Beom (H) Vitag kuman 10 A M Total coupons = 10 + 3 Faculty.

Day - 5 (8 " October 2024, Tuesday) 4. No. Name course Yr MIR Figur 1.~ Shubbi Anshika 2V BICON GROUPER 1 Archtin Alterach 30 B.A (P) 2.1 M Akar YN Arenadho 11 F h Annes Shivam Sharma 5. B.Sc. Mathe bre M Homa Varishin Monipalli 6V B A(H)Col Si 14 F alm 7.0 Preyanshi Micro 3 Prizanti F 8. Amt Kr. Vema 3 B. Con(H) Amille M 9. Ukosh kumar B(on (v) L Vikast M 10 Ruchita Singh Baba 11. Ayush Sergh 12. Sonali Yadav Bre Microbridgy F 1st Rulit 401 &U(H) II Arythe M . 1/ 11 F 13. Preyanshie Patel M I Bms 14. Varun Gupta be CS(H) I Ma family nikila 15-V 11 I F 16 of Saloshi I + u Mohit ロレ 11 I M 12 April 4 ARTI I M 19 yogeh I m U Yogeth Rojut tomar 20-BS. CMary Rojt I M Total - 20

S. No.	Nome	Course	4	m/p	Adin
	Amil Kr. Nerma	B. Com (1)		M	Amilto
2.1		B. (om (H)	1 Bot	M	He
	Raghti Sharima	BA Hist (M)	of not	F	Raght
4.		Bic Microbol(H).		×	fucht
5.	Arpit	BSC C.S	Ist	M	arreit
6-1	Mohit	BSC C.S	Ist	M	helit.
7. ~	Jogesh Saksw	1)	ISt	M	Dela
8.2	Saksw	11	ISF	F	· Jukeli
q.~_	Rohul Aufra	BJAC		m -	R
10.	Ayush singl Sonali yadav	POI SU(H)	. 11	M	Ayo
	Sonali Yadav	1 'AP/	4	FA	Sr.
12. 1	- Rajat Kuno Tomar	Maths (H)	14	M	Ros
13~	Aninadha	B-A(P)	2nd	F	Anus
14~	Akanah	,,,))	M	Skaul
151 1	Shivam Sharma	B.Sc. Maths.	and	M	ST-
16	Shubhi Singh	BSC Geologs	14	E F	Shuld.
17 ~	Herra Vareshini Manepalli	BA(H) Col sa	124	F	Reau
18 V		Geology (2)	1-+-	g of	Arshika .
19 1	Sameshivar kushwala	BR/H) His	3 200	M	Carvest
- They	A E Topper 202	645	11 400	40	105
de					
	the second is	T	otal	-19	
	The state was a set of the			-	

		وي ما مع			- 34
	D ~ (entr	A 11			_
	Day-7 (10th (October 20	24, -	Thursda	ay)
OS.No	Name	Course	Y	MIF	Sign
1.~	Ritesh Singh	Course B:A Pol Sci(H) 11	2nd	MA	Plates
2.2	Sonali Yadau	()	2nd	F	Souli
3.1	Agust Singh	"	2hd	M	Ayuss
4.1	Yumna Samim	ιĄ	2 nd	F	hi
5.	Herna Varshini Manipalli		1 st	F	Benne
6.	Mahvika	Bsolt) Grewlogy.	lst	F	Dalay
7.4	Sarveshwar kushwaha		380	M	Jarresheron
8:~	Ashubhi	levelog 4	128	F	Oshubli-
9.2	Amuradha Bauddha	BA(P) (H+P)	and	F	Anne
	Akarsh Maurya	A STORE	and	M	Akanh
11.1	Shivam Sharma	B.Sc. Maths.(H)	and	Μ	die ,
12. V	Yogesh	BSCCS	lot	~	John
13. 1	Vanun Gupta	BSC CS	Ist	and the second second	Nanenpet
- //	Salerhi Kalva	BSL CS	187	F	Xatuli
15. #	Mohit	BSC CS	1st	M	Mahit
16. V	Arpit	BSC CS	/sr	M	Arpit
12. 1	Ruchita	BSC Microbiology	1 st	F	Rudite
18.	prohika	BSC(M)Cheology	10+	F	Anchibed
19.~	Raghvi	BM (H) History	2nd	F	Raghui
	J				Street Land
			Tote	1-19	1. Carton
				-	
				Street.	

	Day-8 (:	11th October	2024 You t	(Fou'day)	
S.No.	Dame	Course	Bourse T	FM	Jegs descentione
1.	Carweshwar 1	BA. History (H)	13rd	and the second sec	Jane -
2.	Akarsh Manunja	RAP HIP	2nd	M	Akanah
3	Anwadha Bauddhe	9	grd	F	Anu - Ritedy
4	Ritesh Singh	B.A.(lol. Sc.) (M)	and	M	Shung
5	Shivam Sharma	B.Sc. Maths (4)	2nd 1st	MF	Julini
6	Sakshi Kabra	BSC CS			Austerst
7	Vikash kumar.	6.(om(h)	1 87 1 st	M. F	fir
8	Pooja Kyman	BA Potiscot)		Fint	To.
9	Vjala Kadav	BA Pol Sci(H)		F	Regture .
10	Raghvi Sharma	B.A. History (M)	0-	merida	**
1223	0 ,		ALLES	hard	1 Server
- Say Con		132.9	ndepter	Same	N-1:
-11	X I A A A A	22. 323	the solvestion of	12/2/2	Sandy -
15.1x		13 22.5	and so	Sine Of	N B
	far ar	25 52.9		1 singerty	and the
the second s	The And Broke	Ecc Marson		Cututa	41
	They was	Sunda Station		The states	
	5-1 1 1 1 - To 14	coupons	- 10		
		confirme			
		Contraction of the local division of the loc			
	- Clarkeroff				

(14th October 2024, Monday) Course Name No Year FM Sign . Vikas Kumar B (m(n) 18t 1 M Aarushi Agaawal Microbio (4) 2nd Austi F Yashika Yashibs B.A. CHDB/sci Ist F 3-Ist 4 Pooga Kymasi BA (H) Polse-F y'ala Yadar BA (HIPolse 154 S. Q. 6 Shubh' Sing shill. F) 24 B-Sc Gealogy Ayush Lingh Amit Ind BA Palse. 7. M 8. B. Con (H) 32 m Sauveshivar Sames husar BA History 3-4 9. M Akarah Mauryo B.A(P) (0) 2 ml ALOR M Salashi Kalie F lagel. Bac CS TX 11. Vogesh Aspit M 12. BSECS TH Bsc.15 11+ M 13. helit. Ist M BSC(H)C.S Mohit 14. Anshiles INT F Anahika 15. BICCHEDLOSY Varun Gupta Raghur Digvi pay Arshitta Narungit, TIT BSCC M 16. And BA History F 11. Ju? BA History 18. M BSC Total - 18

Day -10 (15th Dit - Tuesday). Y2 W B MIF syn Dept. Name (BACHPStony) (n) M Aignijay F Ring anch · Microbio (H) 2 Ind' BA History Crp BSC (H) C.S P Rayhino gel JSF M Yogesh 4 Asbet Ist BSC (H) C.S M Arpit 5 M rahit Ist BSC (H) C.S' Mohit 6 Dist Ind M B.A. (H) Pol Sc. Ritech 7 Akard B.A. (P) Hist + Pol M Bu Akarch ! 8 Shivom and F B. Sc. Matho (4) shivam 9 8M3 IH F B. Sc ... Geology Shubhi 10 g-1 F diver-Annedhe B.A. (P) Mist + Pol. 11 2nd 2nd Jumpa Sonali B.A (Poi se) m 12 Sonal B.A. (Pol. Sci)H 13 BA (POT) LST FI v Meria 14 Mjæle kri. 154 211 11 F 15 11 100 10+ FI 16 B. Con (in) vice -Vikash Khimar. 18+ M 17 R Bmi L M 18 Preyanshu Patel 19 Arabilla BSC(H) Geology F Anobilisc 2 st Shekhon ist BA History (H) M 20 -Shekhor Suman Total - 20

(16th Oct - Wednesday) Lay-11 Name Nept .No. yrid 3 ast Sign MF BA (H) History BA (Pal) Saweshwar M Hemo F 2 Rear and Ritesh BA (H) Pol. Sc. M 3. PitesG 3rd Pariyanshi BBC. (N) Microbio F 4. 3rd Amit Kr. Verno B.Com (H). M 5, Anuraddha Annade B.A. (P) Historld. 200 F 6->> Akarel Adarsh v M 7 Shandhar Shivam Sharmo 力 B. Sc. (H) Mathy 8. M Shubhi Shuff 13.5 Geology (1) 18+ F 9. 11 BSC Geology F Anshika 10. 2nd B.A. Pol.Sc. (4) Yumna Samin F 11. F IH B. Sc. Geology (H) Mabuika 12 I 8+ Brom (H) M Vikash 13. 11+ M BMS 14. Joiyans All JSI F Looga Kumari 15. DA polse (H) Ric Micro (H) F 41-16. Rucheta and F 17: Kaghui Sharmo B.A. History (H) 2001 18 Aarushi Agarwal BSC. (H) Nic robio F Rukhar 1st M BA His(H) 19. Shekhar Suman Total 19

)).No.	Name .	Course	Year	FM	Sign
1.	Shekhar Sumon	BA History (H)		m	Ashebb
2.	Shivan Sharma	BSC Maths (M)	2 nd	M	Show
3.	Diguijay	BA History (H)	3rd	MO	agin
4	Omit Kumar Verne	Blom (H)	3-rd	M	A.
5	Malainto	BSC Geology (H)	14	F	(H.
6	Pouyanshu	BSC Geology (M) BMS	1st	M	Rowlow
7	Ritesh	BA Palse (H)	200	m	Feer
8	Pooja Kumahi	BA Pol. Sc. (4)	1st	F.	Poola
9	Ansiles	BSE Geology (1)	1.11	, F	Archit
10	Onwadha !!!	BALP) (Hist + Pal)	2nd	F	Ann
11	Shuppi .	B& Geology (H)	2et	F.	Shedh
12	Vikash Kumar,	B & Geology (H) BA Pet re (H)	1m	. M.	Viluer,
13	Sameshwar	BA History (M)	3'd	Mr :	Barrent
14	Asushi	BSC Micro (M)	grd	F	Hanshi
15	Akarsh Maurya		and	M -	fank
16	yala Akarsh Mawya	BA Palso (n)	1.51	F	-Qo-
17	Hema .	BA POLSE (M)	10+	F	Ran
18	Arpit 1.	BSUCS (M)	1 st	MI	argit
19	Mohit	istorice 4 to and here	184	M	Mohn
20	Vogesh	м	14	M	M.
21	Rouganshi	BSc Microbis (H)	310	F	Pay
22	Rouganshi Vaxun	BSC CS (H)	Icr	M	1 your
23	4		-		
		Tota-	- 2 - 2		
		1010	1		

	Way -	13 (18th Oct	- Foidau	5)	
3.10.	Name	Course.	Year	MIF	8im
1	Yogesh	BSC CS(A)	Ist	M	Singly .
2	Aapit	ч		M	But
3	Mohit	'n	*	M	Malit
4	Sakshi Kalra	h	ч	F	Saksh' -
5	Bieyanshi	BE Microbio (H)	3rd	F	Balm
6	Druradha	BA(P)(His+Pol)	and	F	Annu
7	Anshilea	BSc Gledogy (H)	1St	F	proshi/2,
8	Shubli	3	15+	F	Shubber
9	Amit Kr. Verme	BCOM (H)	3rd	M	Andthe
10	Sondi	BA Pollo (M)	gnd	F	Sa
1)	Yunna	'n	71	F	4 m
12	Hema	BA Palse (M)	11	F	Come
13	Akarsh	BA(P) (His Hall	and	M	Akanet
14 .	Digvigay	BA History (H)	3 ^{°d}	M	Query-
	Shivan	B & Maths (H)	2.40	M	DE-
	Ragher	BA History (H)	and	F	Staghing -
	Varun	BSc CS (M)	Jst	M	Varres
	Poronav))	154	M	frans -
19	Polyanshe	Bms.	2st	M	FZ18/10_
20	Vjala	BA Pal Se (M)	127	P	to-
21	Ruchita	BSE Microbio (M)	1st	·F	Ruchitz
22	VikasH	BA Pal & (H)	12	M	Vitab
23	thit Shekhar Suma	BA History (Hons)	1st	M	Shekton
24,	Sahil Dubey	BO (+) Hindi	3rd) M	[sahi]
			otal-2	Y	

					é <u>ta</u>	
	14 - 1	21 St	October, 2	024 -	- Mor	rday)
	ay 1 (02_1				b
NO.	Name		course	Yr.	MIF	Sign
1	Dignijan		Hist (H)	329	M	Off
2	Penjanshi			324	F	Prinjanti
3	Amit Kr.		Com (A)	329	M	Anito
4	Salveshina	1	Mis+ (H)	329	M	
5	Shubhi		yes (H)	1 St	F	Shuffie'
6	Anshike		EJUD (H)	1 st	FI	Anshita
7	Ruchite		Mevo (H)	Lst	F	Rucht
8	Mumne		PU1. (H)	2nd	F	- Yre-
3	Mema	the second second	Porte CH)	24		Den
10	Vikish	. 16	B. Com (H)	LSt	M	
1-1	- MAN	1.1	and and the	Total	-10	and the same
		1-stan	tools and the		-	
			Chi and and	49	. willey	Jappane 7
	Contraction of the	11/2	an have	9.91		and a series
122.22		6	(11) motat	37	15.500	Martin Martin
State of the state	-		- Test	1. 1		and for the second
	and the second	100			1013	habi 1124
		15.11		7		Contraction of the
-			all a lat a			AND A DESCRIPTION
1						and the second
1		1	attan lat a			and the second
1.20	-1	hart				the state of the state
	And the	Labort .				
						1.2

Day 15 - (22nd october 2024) Tuesday G.No. Name course MIF Sign Ys. 3 20 1. Digwijan History (11) M And 3 200 M Ant 2. Amit Bcom (H) 2 nd Matty (11) Ster 3. Shivam M Riter 4. Ritesh 2 nd Pol Sei (11) M Sonali gul 5. BA (P) 11 6. Aharsh M Any Pol Sci (H) 1/ 7. Jumna IN CS (H) M 8. Arpit 121 11 9. uchit M 1 25 lycology (11) 10. Shubhi 121 11. Anshika 2nd Pol Se (H) Herna 12. 2nd 13. BA (P) Annusadha , st CS (M) M 20 14. Pranav 11 CS (H) 15. Sakshi 11 (S (M) Nikita 16. Total - 16

1	Day 16 - (23 rd	october 2024)	Wedne	sday		
S. No.	Name	Course	Xs	MIR	Sign,	8.2
1	Dignijany	Mist (H)	321	М	aver	,
2	Dignijang Priganshi	Micro (H)	329	£		2
3	Amit	Comm (H)	329	M	Ant	
4	Yume	Pol·sa (H)	2 hd	F	the	
5	Soneli	U	1/	F	Sa	-
C	Ritesh	•1	1)	M	Rike	6
7	Akarsh	BA(P)	Uſ	4		7
8	Anneadha	11	11	F	Anunadho	2
9	Shiram	Mathe (H)	- 17	M	Alung	7
10	Yogesh	LS CH)	LSt	M	Del.	_1
11	Apit	v)	11	M	April)
12	Mohit	11		M	rohit	1
15	Anshike	ges (H)	11	F	Anohilan	
14	Ruchite	Micro(H)	1.1	F	Ruchate	1
15	Shubble	ejes (H)		F	Shadli .	1
14	Penjanshu	BMS	LSt	M	E	/
17	Vikash	BCom (H)	15+	M	le	
18	Hema	PO1 (H)	2.0	F	Benn	
			Total	- 18		
						F
	and the second					

Day - 17 (24th Oct., 2024) - Thursday. se NO Name Course 7x 321 MIF sign Dignijan Ayure Hist (H) M Dyrt F Balue Penjanshi 2 Minoch) 329 3 Yogest 3 Yogest 4 Acpit 5 Mobit 6 Akarst M Yesent Lst CS(H) 11 y mohit 11 17 M Skenet 2nd BA(P) 7 Annadha 11 F Aninadha 11 eges(H) 8 Anshika LSt F Amhilea 7 Shubhe 1/ F Shulli. 2nd 10 Yuma POT (H) Yumu E 1/ 11 11 Soneli Soral F M Rifesh Ritesh 11 12 1/ Puelule LSt Ruchite Mirold) F 13 Aquade 2 ~ F 14 Aquishi M Oh 324 Hist(H) 15 Salveshirar M Anulle 24 16 Mathe (H) Shivan Anulle 17 329 Com(H) Amit Poiy anshe 15+ 18 BMS 17 1St France 19 Parav (S (H) M

	Day 18 - (=	25th Oct, 2024)	- F	moday	
su. 123456789	Name Reijanshi Amit D'grijay Ritese Sareli Anuredhe Herne Prizansha	Condre Michour Com (H) Hist(H) Por (H) BA-(P) Por (H) BA(P) Por (H) BMS Total-(C	42. 371 11 11 11 11 11 11 11 11 11	MIF F M M M M M M M M M M M M M M M M M	sign: Drugende Anif Akarsh Sanali Annu Hano R

Feedback Analysis Report

1	Timestamp	Name	Course	Year	How would y	ou ra	What did you mos	What aspects do	How did you find t	Was the class dui	How effective wa	How approachal	Would you reco	r
2	2024/10/26 11:05	Shekhar Suman	History hons		1	5	Yoga	Nothing everythin	Very satisfied	Just Right	5	5	Yes	I.
3	2024/10/27 6:08:	Sakshi kalra	Bsc cs		1	5	Nature and yoga t	Nothing aa such	Satisfied	Too short	5	5	Yes	(
4	2024/10/27 6:39:	Hema Varshini Ma	BA Political Scien		1	4	The one to one gu	Nothing	Very satisfied	Just Right	5	5	Yes	١
5	2024/10/27 8:58:	Shivam Sharma	B.Sc. Mathematic		2	5	Learning new asa	Timings	Very satisfied	Just Right	5	5	Yes	Ţ
6	2024/10/27 1:16:	Arpit kumar manj	Bsc Hons Cs		1	5	Punctuality	Equipment	Satisfied	Just Right	5	5	Yes	ĥ
7	2024/10/27 2:05:	Amit Kumar Verm	Bcom H		3	5	Feeling good afte	To motivate all of	Neutral	Just Right	5	5	Yes	C
	2024/10/27 2:20:	Sonali Yadav	Political science		2	5	Friendly behaviou	Everything was pe	Very satisfied	Just Right	5	5	Yes	N
9	2024/10/27 3:02:	Ruchita Singh Bat	Bsc Microbiology		1	5	I learnt many diffe		Satisfied	Just Right	5	5	Yes	Т
10	2024/10/27 5:15:	Malavika	Bsc. (Hons)Geolc		1	4	The end where the	Nothing	Very satisfied	Just Right	5	4	Yes	т
11	2024/10/27 5:18:	Priyanshi Sahu	BSc (H) Microbiol		3	5	The instructor givi	5 mins of pranaya	Very satisfied	Just Right	5	5	Yes	В
12	2024/10/27 5:23:	Raghvi Sharma	History		2	5	The bond that we	Nil	Satisfied	Just Right	5	5	Yes	F
13	2024/10/27 5:26:	Priyanshu Patel	BMS		1	5	I did first time yog	Please increase c	Satisfied	Just Right	4	5	Yes	1
14	2024/10/27 5:34:	Varun Gupta	Bsc Hons comput		1	4	Surya namaskar	None. Overall it w	Satisfied	Just Right	5	5	Yes	r
15	2024/10/27 6:37:	Ritesh Singh	B.A hons Political		2	5	Doing yoga activit	Flexible Timings	Very satisfied	Just Right	5		Yes	T
16								 	1967/970700.02972333	189.54.656.64 7 (347	1000		1	