

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

**Name of the Event-** Serenity Stretch 1.0

**Nature of the Event -** Physical mode

**Date-** 1st September 2024 - 30th September 2024

**Venue-** Front lawn

**Time** 8AM to 9AM

**Number of participants –** 20-25

**Overview –**

**NIRVANA** the Yoga and meditation society of Ram Lal Anand College, University of Delhi conducted SERENITY STRETCH 1.0, a one month yoga workshop , from 1st September to 30th September, with the immense cooperation and support of all the faculty members, core members and participants. The session was conducted from Monday to Friday every week. It was conducted from 8AM to 9AM. It aimed to deepen participants' understanding of yoga and meditation. The workshop witnessed an active participation of teachers, staff members and students under the guidance of our instructors , Mr. Shishir Pokhriyal and Mr. Vikrant Rana.

Everyday the session used to begin with light warm up, then would practice a few rounds of Surya namaskar, then would perform various asanas like back bending, forward bending, hand balancing and leg balancing asanas and many more. The session consisted of asanas like Tadasana, Trikonasana, Vrikshasana and many advanced asanas like dhanurasana, halasana and Chakrasana. The session would conclude with shavasana and mantra chanting in order to relax .

Participants demonstrated remarkable dedication, with consistent attendance and participation. The atmosphere of inclusivity and shared motivation created a supportive community where everyone learned, grew, and enhanced their fitness.

The success of "Serenity Stretch 1.0" highlighted the growing interest in holistic health practices among students, reinforcing the importance of mental and physical balance in daily life. The society plans to organize similar initiatives again to continue promoting health and mindfulness.



**Ram Lal Anand College**  
(University of Delhi)



**NIRVANA**

**Yoga and Meditation Society  
Presents**

**SERENITY STRETCH**



**Inviting all RLAC Students**

For Yoga Classes from  
2nd to 30th September, 2024  
Every Monday to Friday

**Certificates & Refreshments to all participants**

 **8:00am to 9:00am**

 **Front Lawn**

For Queries:

**Digvijay Ayush 9006520528**

**Priyanshi Sahu 9868972279**

**Scan to Register**



**Ms. Shikha Verma**  
Convenor

**Prof. Seema Gupta**  
Advisor

**Prof. Rakesh Kumar Gupta**  
Principal



## Attendance

# SERENITY STRETCH

Sr.No	NAME	DEPT/SEM	M/F	SIGN.
1	Aashi Bhardwaj	English	F	Aashi
2	Pooja Dahiya	Commerce	F	Pooja
3	Shreesh Mahapatra	History IV	M	Shreesh
4	Anuradha	B.A (P) III	F	Anu
5	Akshat	B.A (P) III	M	Akshat
6	Ashwini	B.Sc. Micro III	F	Ashwini
7	Jasvika	" III	F	Jasvika
8	Ujjwal	" III	M	Ujjwal
9	Srivansh	" V	M	Srivansh
10	Ritesh Rawat	Pol. Sci (H) III <sup>rd</sup>	M	Ritesh
11	Sonali Yadav	Pol. Sci (H) III <sup>rd</sup>	F	Sonali
12	Deepak	Pol. Sci (H) V <sup>th</sup>	M	Deepak
13	Sonika	BJMC III <sup>rd</sup>	F	Sonika
14	Aniganshi	B.Sc (H) Micro IV <sup>th</sup>	F	Aniganshi
15	Pooja	" IV <sup>th</sup>	F	Pooja
16	Digvijay	B.A History IV	M	Digvijay
17	Anit	B.Com (H) V	M	Anit

No. of Students	15
No. of Teachers	2
<u>Total</u>	<u>17</u>

Coupons (15)

Day 2 (3 Sept 2024) Tuesday

S No	NAME	COURSE & Sem <sup>ester</sup>	FIM	Sign
1	Dignijay Agast	III		
2	Prigayanti Sahu	BS (H) Microbio III	F	Prigayanti
3	Pritya	BS (H) Microbio III	F	Pritya
4	Raghvi	BA (History) II	F	Raghvi
5	Amit kr verma	III		
6	Tasme Hassan	Micro (H) II	F	Tasme Hassan
7	Sonali Yadav	POL (H) II	F	Sonali
8	Ritika	" "	F	Ritika
9	Akash	BA (Prog) II	M	Akash
10	Utkarsh Ujjwal	Micro (H) II	M	Utkarsh
11	Rishav	" "	M	Rishav
12	Magari Wankhede	Comp. Sci (H)	F	Magari

Day 3

S.no.	N
1	D
2	Pr
3	A
4	S
5	S
6	R
7	A
8	M
9	R
10	U
11	Ad
12	Ad
13	Ad
14	D
1	S
2	P

S.No	Name (Faculty)	Department	MIF	Signature
1.	Deepthi Bhandary	English	C	
2.	Dr. Anam Jyoti Yadav	HISTORY	M	
No. of Students		12	Coupons - 14	
No. of Teachers		2		
Total		14		

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Day 3 (4<sup>th</sup> Sept. 2024) Wednesday

S.no.	Name	Course & Year	F/M	Sign
1	Dignidya Agasth	Hist(H) III	M	<i>(Signature)</i>
2	Parva	Micro(H) III	F	<i>(Signature)</i>
3	Amil ka Velom	Commerce(H) III	M	<i>(Signature)</i>
4	Sahil	Mind(H) III	M	<i>(Signature)</i>
5	Sonali Yadav	Pol.Sci(H) II	F	Sonali
6	Ritika	"	II F	Ritika
7	Akarsh	BA (Prog)	II M	
8	Mayuri Wankhede	CS(H) III	F	<i>(Signature)</i>
9	Ritesh	Pol.Sci(H) II	M	Ritesh
10	Ujjwal	Micro(H) II	M	<i>(Signature)</i>
11	Aarushi	"	II F	<i>(Signature)</i>
12	Amuladha	BA (Prog)	II F	
13	Rishi Hushete (Sho)	BSC(H) Micro	II M	<i>(Signature)</i>
14	Deepak	B.A Pol. Sc. 2 <sup>nd</sup> sem	M	Deepak

Faculty

1	Shikha Vene	Comp. Science	F	
2	Preeti Devi	Commerce	F	<i>(Signature)</i>

Total Students → 14

Total Faculty → 2  
16

Coupons (19)

Signature  
*(Signature)*

(14)

Day 4 (5<sup>th</sup> September 2024) Thursday

S. No.	Name	Course & Year	M/F	Sign
1.	Priyanshi Salun	BSc (H) Microbio III	F	<u>Priyanshi</u>
2.	Pritya	" "	F	<u>Pritya</u>
3.	Digvijay Deyush	BA (H) History III	M	<u>Digvijay</u>
4.	Amit K. Verma	B.Com (H) III	M	<u>Amit</u>
5.	Ashuti Parmar	" II	F	<u>Ashuti</u>
6.	Shreeth Mathpal	Hist (H) III	M	<u>Shreeth</u>
7.	Sonali Yadav	Pol. Sci (H) II	F	<u>Sonali</u>
8.	Ritika	" II	M	<u>Ritika</u>
9.	Mayuri Wankhade	CS (H) III	F	<u>Mayuri</u>
10.	Ashvini	Micro (H) II	F	<u>Ashvini</u>
11.	Ritika	Pol Sci (H) II	F	<u>Ritika</u>
12.	Akash	BA (Prog) II	M	<u>Akash</u>
13.	Anuradha	" II	F	<u>Anuradha</u>

Day 5

S. No.	Name
1.	Digvijay
2.	Priyanshi
3.	Sonali
4.	Amit
5.	Ritika
6.	Ritika
7.	Sonali
8.	Akash
9.	Anuradha
10.	Sonali
11.	Shreeth

Faculty

- 1) Dr. Shyamjeet Yadav Hist (H) M Shyamjeet
- 2) Shalini Rawal Commerce F

Students - 13

Teacher - 2

15

Coupons - (13)

Sr. no	Name	Course & Year	M/F
1	Dignijay Arjun	Hist (H) III	M
2	Preya	Micro (H) III	F
3	Sahil Dubey	Hindi (H) III	M
4	Amrit K. Verma	Comm. (H) III	M
5	Ritesh	Pot. Sci (H) "	M
6	Ritika	"	F
7	Sonali	"	F
8	Akash	BA (Prog) "	M
9	Anuradha	"	F
10	Aarushi	Micro (H) "	F
11	Shreshth Mathpal	History (H) "	M
Total =		11	

Coupons - (13)

(2) - Shiksha

Sumit



Day 6 (19<sup>th</sup> September 2024) Monday

Sr No	Name	Course & Yr.	M/F	Sign
1	Sahil Dubey	Hindi (H)	M	Sahil
* FACULTY				
	Dr. Preeti Devi	Commerce	F	Pooj
1.	Digvijay Ayush	History (H) III	M	
2.	Prigyanthi Sahu	Micro (M) III	F	Pooj
3.	Priga	" 3 <sup>rd</sup>	F	Pooj
4.	Shubham Mahatoj	Pol Sci (Hops)	M	M
5.	Sonali Yadav	" 2 <sup>nd</sup>	F	Sonali
6.	Ritika	" 2 <sup>nd</sup>	F	Ritika
7.	Ritesh Singh	" 2 <sup>nd</sup>	M	Ritesh
8.	Anuradha	BAP) 2 <sup>nd</sup>	F	Anuradha
9.	Akash	BAP) "	M	Akash
10.	Vishalkant Singh	Microbio (M)	M	Vishal

Students = 10

Faculty = 1

Total = 11

Total Coupon = 11

Day 7

Sr No	Name
1.	Nishik
2.	Digvijay
3.	Ritesh
4.	Ritika
5.	Ruchita
6.	Anura
7.	Akash
8.	Prigyan
9.	Priga
10.	Amik
"	Sahil

Sr. No. Faculty  
Dr. P  
Dr. S

Day 7 (10<sup>th</sup> Sept) Tuesday

Sl. No	Name	Course / Year	M/F	Sign
1.	Nishika Sunderani	BA Prog (3 <sup>rd</sup> yr)	F	<u>Nishika</u>
2.	Digvijay	Hind (H) 3 <sup>rd</sup>	M	<u>Digvijay</u>
3.	Ritesh	B.A Pol Sci (H) 2 <sup>nd</sup>	M	<u>Ritesh</u>
4.	Ritika	" " 2 <sup>nd</sup>	F	<u>Ritika</u>
5.	Ruchita	Bsc Microbiology (Hon) 2 <sup>nd</sup>	F	<u>Ruchita</u>
6.	Anuradha	B.A (P) 2 <sup>nd</sup>	F	<u>Anuradha</u>
7.	Akash	" " "	M	<u>Akash</u>
8.	Prizanshi	Bsc Microbio 3 <sup>rd</sup>	F	<u>Prizanshi</u>
9.	Pritya	" " 3 <sup>rd</sup>	F	<u>Pritya</u>
10.	Amit Kr. Verma	B. Com (H) 3 <sup>rd</sup>	M	<u>Amit</u>
11.	Sahil Dubey	Hindi (H) 3 <sup>rd</sup>	M	<u>Sahil</u>

Sl. No	Faculty Name	Department	M/F	Sign
	Dr. Prati Devi	Commerce	F	<u>Prati</u>
	Dr. Sampreet Verma	Hindi	M	<u>Sampreet</u>

Roll Coupon - 11

Day 8 11 September 2024

Sr. No	Name	Course / Year	M/F	Sign
1	Prisha	Mikrobiology 5 <sup>th</sup>	F	Prisha
2	Praganshi Sahu	" 3 <sup>rd</sup>	F	Praganshi
3	Digvijay	MEd (H) III	M	Digvijay
4	Amit	B.Com (H) 3 <sup>rd</sup>	M	Amit
5	Ruchita	Microbiology (1 <sup>st</sup> yr)	F	Ruchita
6	Anuradha Boudhale	BAP (H & P)	F	Anuradha
7	Shreshth Mohapatra	BA (H) History	M	Shreshth
8	Ritesh	Phis. Sci (H) II	M	Ritesh
9	Rishi	" II	F	Rishi
10	Sahil Dubey	Hindi	M	Sahil
11	Amit K. Verma	B.Com (H)	M	Amit

Total coupons - 11  
11 coupons

Day 9

Sr. No	Name
1	Akash
2	Anand
3	Amis
4	Aksh
5	Ruchita
6	Ritesh
7	Prisha
8	Digvijay
9	Amit

(Student)  
→ Total

Face  
of Rs.

## Day 9

Sl No	Name	Course / Year	M/F	Signature
1	Akash	B.A (D) 2 <sup>nd</sup>	M	<del>Ad</del>
2	Arunadha	" "	F	<del>Ad</del>
3	Tomis Akter	B.Sc (H) Microbiology	F	<del>Ad</del>
4	Abdul Kalam	B.Com (H)	F	<del>Ad</del>
5	Rachita Singh	B.Sc (H) Microbiology	F	<del>Ad</del>
6	Ritesh Singh	B.A Pol Sci (H) 2 <sup>nd</sup>	M	<del>Ad</del>
7	Praya	B.Sc (H) Microbiology	F	<del>Ad</del>
8	Dignijay	History (H) 3 <sup>rd</sup>	M	<del>Ad</del>
9	Amit	B.Com (H) 3 <sup>rd</sup>	M	<del>Ad</del>

(Students) 9 + 2 (Faculty)

→ Total 11 Coupons

Faculty: name  
 Dr. Syamantak Mishra History M

Day 10

8 compo

Day

Sl. No	Name	Course / Year	M/F	Sign.	Sl. No	N
1	Priya	Microbiology 3 <sup>rd</sup>	F	<del>Priya</del>	1	P
2	Digvijay	History (H) 5 <sup>th</sup>	M		2	Ak
3	Akash	B. A (P) 2 <sup>nd</sup>	M	<del>Akash</del>	3	A
4	Arenadha	" "	F	<del>Arenadha</del>	4	M
5	Anirah	BSc Statistics (H)	M	<del>Anirah</del>	5	1
6	Sonali Yadav	BA (Pol. Sci) 2 <sup>nd</sup>	F	<del>Sonali</del>	6	2
7	Ruchira	BSc (H) Micro	F	<del>Ruchira</del>	7	1
					8	A
					9	B

Faculty: Dr. Sumit Hooda  
Dr. Shyamjeet Yadav

Day 11 17 Sept 2024

S.No	Name	Course	M/F	Sign.
1	Priya	Microbiology 3 <sup>rd</sup>	F	<u>Priya</u>
2	Akshat	B.A (P) 2 <sup>nd</sup>	M	<u>Akshat</u>
3	Anuradha	" "	F	<u>Anuradha</u>
4	Ritesh	Pol Sci (H) 2 <sup>nd</sup> Yr	M	<u>Ritesh</u>
5	Ritika	" "	F	<u>Ritika</u>
6	Sonalika Yadav	" "	F	<u>Sonalika</u>
7	Digvijay	History (H) 3 <sup>rd</sup> Yr	M	<u>Digvijay</u>
8	Ashuti	B.com (H) 2 <sup>nd</sup> Yr	F	<u>Ashuti</u>
9	Prigyanthi Sahu	Microbiology 3 <sup>rd</sup> Yr	F	<u>Prigyanthi</u>

Faculty - Shyamjeet Yadav History M Shyamjeet  
 - Dr. Shyamjeet Yadav History M Shyamjeet

Total courses - (9)

Day 12 18<sup>th</sup> September 2024 (Wednesday)

Day 1

S.No.	Name	Course / year	M/F	Sign	Se no	No
	Faculty					
	Anon K. Gaurai	CS	M	Anon	1	Dig
	Mrs. Shikha Verma	CS	F		2	idn
	Dr Shyamjati Yadav	History	M	Shyati	3	Pen
					4	Pat
					5	Ad
1.	Digvijay Agrush	BA (H) History	3 <sup>rd</sup> M	Digvijay	6	idn
2.	Anmit K. Verma	B.Com (H)	3 <sup>rd</sup> M	Anmit	7	Ad
3.	Priya	B.Sc (H) Micro	3 <sup>rd</sup> F	Priya	8	So
4.	Priyanshi	"	" F	Priyanshi	9	Ruch
5.	Aarushi	"	2 <sup>nd</sup> F	Aarushi		
6.	Ridesh	Pol. Sci (H)	2 <sup>nd</sup> M	Ridesh		
7.	Ritika	"	"	Ritika		
8.	Anuradha	BA (Prog)	" F	Anuradha		
9.	Sonali Yadav	Pol. Sci (H)	" F	Sonali	1)	D

Total students = 9

Coupons = 9

Fee

Day 13 19<sup>th</sup> September, 2024 (Thursday)

Sl. No	Name	Course / Year	M/F	Sign
1	Dignijay Agush	Misc (H) / 3 <sup>rd</sup>	M	<del>Amish</del>
2	Amrit K. Verma	Com (H) / 3 <sup>rd</sup>	M	<del>Amish</del>
3	Prinor	Misc (H) / 3 <sup>rd</sup>	F	<del>Amish</del>
4	Bhagwati Ritesh	Pol (H) / 2 <sup>nd</sup>	M	<del>Ritesh</del>
5	Aadhika	Misc (H) / 2 <sup>nd</sup>	F	<del>Amish</del>
6	Amalatha	BA (Prog) / 2 <sup>nd</sup>	F	<del>Amish</del>
7	Aakash	" " "	M	<del>Amish</del>
8	Sonali Yadav	Pol (H) / 2 <sup>nd</sup>	F	<del>Amish</del>
9	Rachota Singh Bata	Bic Microbiology (H) / 1 <sup>st</sup>	F	<del>Amish</del>
Faculty				
1)	Dr. Shyamjeet Yadav	Misc (H)	M	<del>Amish</del>

Total ~~students~~ students = 8



Day 17 (20<sup>th</sup> Sep 2024 - Friday)

Sl. No.	Name	Dept / Yr	M/F	Sign	Day
1	Dignijoy	Hist (H) 13 <sup>th</sup>	M	<u>Dignijoy</u>	11. Na
2	Pritya	Mech (H) 13 <sup>th</sup>	F	<u>Pritya</u>	12. AK
3	Prityanshi	" "	F	<u>Pritya</u>	2. Anu
4	Amit	Comp (H) "	M	<u>Amit</u>	3. Sa
5	Akalsh	BA (Prog) 2 <sup>nd</sup>	M	<u>Akalsh</u>	4. Yu
6	Anuradha	" "	F	<u>Anuradha</u>	5. Gov
7	Ruchita	Mech (H) 1 <sup>st</sup>	F	<u>Ruchita</u>	6. Ri
8	Ritesh	Pol (H) "	M	<u>Ritesh</u>	7. Rit
9	Sonal	" "	F	<u>Sonal</u>	8. Gu
10	Aakushi	Mech (H) "	F	<u>Aakushi</u>	9. Sh
11	<del>Kaushik</del>	<del>Elect (H)</del>	<del>M</del>	<del>Kaushik</del>	10. Sh
					11. Him
					12. Sus
					13. Ast
					14. Nita
					15. Mala
					16. Anu
					17. Sat
					18. Nit
					19. Mo
					20. Yo
					21. A
					22. A

Total 10 coupons

Day 15 - 23 September 2024 (Monday)

Sr	Name	Course / yr	M/F	Sign
1	Dignijay	Hist (H) 3 <sup>rd</sup>	M	
2	Prigyaneshi	Micro (H) 3 <sup>rd</sup>	F	Prigyaneshi
3	Sonali	Pol (H) 2 <sup>nd</sup>	F	Sonali
4	Ritesh	" "	M	Ritesh
5	Akash	BA (Prog) "	M	Akash
6	Anuradha	" "	F	Anuradha
7	Anshika	BSc (Hon) Geography	F	Anshika
8	Nitish	B-com prog	M	Nitish
9	Aspit	BSC CS	M	Aspit
10	Yogesh	BSc CS	M	Yogesh
11	Seekshi Kalra	BSc CS	F	Seekshi

Total Students = 11.

Day 16

Sr	Name	Faculty
1	Prigyaneshi	Prigyaneshi
2	Dignijay	Dignijay
3	Primit	Primit
4	Sahil	Sahil
5	Rugshat	Rugshat
6	Anshika	Anshika
7	Sonali	Sonali
8	Sakshi	Sakshi
9	Mohit	Mohit
10	Aspit	Aspit
11	Yogesh	Yogesh
12	Yun	Yun
13	Anuradha	Anuradha
14	Akash	Akash
15	Rishi	Rishi
16	Anshika	Anshika
17	Sahil	Sahil

Day 16 - 24 September 2024 (Tuesday)

Sr	Name	Course / year	F/M	Sign
	Faculty			
	Dr. Shyamjit Jaiswal	History	M	
1.	Prigamshi	BSc (H) Microbiology 3 <sup>rd</sup>	F	
2.	Digvijay	BA (H) History 3 <sup>rd</sup>	M	<i>[Signature]</i>
3.	Ankit	BCom (H) 3 <sup>rd</sup>	M	<i>[Signature]</i>
4.	Sahil	BA (H) Hindi 3 <sup>rd</sup>	M	<i>[Signature]</i>
5.	Raghavi	BA (H) History 2 <sup>nd</sup>	F	<i>[Signature]</i>
6.	Anshika	BSc (H) Zoology 1 <sup>st</sup>	F	<i>[Signature]</i>
7.	Sonal Yadav	BA (H) Pol. Sci 2 <sup>nd</sup>	F	<i>[Signature]</i>
8.	Sakshi	CS (H) 1 <sup>st</sup>	F	<i>[Signature]</i>
9.	Mohit	" "	M	<i>[Signature]</i>
10.	Ashutosh	" "	M	<i>[Signature]</i>
11.	Yashu	" "	M	<i>[Signature]</i>
12.	Yumna	Pol (H) 2 <sup>nd</sup>	F	<i>[Signature]</i>
13.	Amaladhe	BA (Prog) "	F	<i>[Signature]</i>
14.	Akash	" "	M	<i>[Signature]</i>
15.	Rishita	Mura (H) 1 <sup>st</sup>	F	<i>[Signature]</i>
16.	Anshika	" "	"	<i>[Signature]</i>
17.	Satweshwar	Hist (H) 3 <sup>rd</sup>	M	<i>[Signature]</i>
Total		16		

ay 17 (25<sup>th</sup> September - Wednesday)

Name	Course	Year	M/F	Sign	Sr
Dignijay	Hist (H)	3 <sup>rd</sup>	M	Dignijay	1
Raghvi	"	2 <sup>nd</sup>	F	Raghvi	2
Priyanshi	Micro (H)	3 <sup>rd</sup>	F		3
Amit	Com (H)	3 <sup>rd</sup>	M		4
Malarika	ges (H)	1 <sup>st</sup>	F	Malarika	5
Aushika	"	"	F	Aushika	6
Anuradha	BA (Prog)	2 <sup>nd</sup>	F	Anuradha	7
Akarsh	"	"	M	Akarsh	8
Ruchita	Micro (H)	1 <sup>st</sup>	F		9
Adarshi	"	2 <sup>nd</sup>	F	Adarshi	10
Yamne	Pol (H)	"	F	Yamne	11
Sonali Yadav	"	"	F	Sonali	12
Ritesh	"	"	M	Ritesh	13
Balweshwar	Hist (H)	3 <sup>rd</sup>	M		14
Sakshi	CS (H)	1 <sup>st</sup>	F	Sakshi	15
Mohit	CS (H)	"	M	Mohit	16
Notish	B (comp)	1 <sup>st</sup>	M	Notish	17
Arpit	(S(H))	"	M	Arpit	18
Amit	H-S	1 <sup>st</sup>	M	Amit	19
Shubhi	Brom (D)	1 <sup>st</sup>	F	Shubhi	20

Faculty

Dr. Shikha Verma Comp Sci

Day 18 (26<sup>th</sup> September - Thu)

Sr.	Name	Course	Year
1	Digvijay	Hist (H)	IV
2	Raghvi	"	IV
3	Amit	B Com (H)	III
4	Sonali Yadav	Pol (H)	III
5	Yumna	"	III
6	Sarveshwar	Hist (H)	III
7	Mohit	CS (H)	I
8	Yogesh	CS (H)	I
9	Sakshi	"	I
10	Nikita	"	I
11	Axpit	"	I
12	Amira adhe	BA (Prog)	IV
13	Akash	"	IV
14	Ruchito	Micro (H)	I
15	Aarushi	"	I
16	Shubhi	B Com (P)	I
17	Anshileca	Geo (H)	I
18			

Day 19 ( 30<sup>th</sup> Sep) - Monday )

Name	Course	Year	M/F	Sign
Akash	BA (Prog)	2 <sup>nd</sup>	M	<del>Akash</del>
Anuradha	"	"	F	Anuradha
Mohit	CS (H)	1 <sup>st</sup>	M	Mohit.
Aspit	CS (H)	"	M	<del>Aspit</del>
Yogesh	"	"	M	<del>Yogesh</del>
Shubhi	Geo (H)	"	F	<del>Shubhi</del>
Ritesh	Pot. (H)	"	M	Ritesh
Sonali	"	2 <sup>nd</sup>	F	Sonali
Admit	Mist (H)	1 <sup>st</sup>	M	<del>Admit</del>
Sushika	Geo (H)	"	F	Sushika
Himari	Pot (H)	2 <sup>nd</sup>	F	<del>Himari</del>
Sushone	"	"	F	<del>Sushone</del>

## Feedback Analysis Report

Timestamp	Name	Course and Year	Email	How would you rate your overall experience in t
10/2/2024 18:20:40	Ruchita Singh Batr	Bsc Microbiology 1st year	ruchitasinghbatra@gmail.com	Excellent
10/2/2024 18:22:10	Akarsh maurya	BA programme 2nd	akarshmaurya63@gmail.com	Excellent
10/2/2024 18:29:14	Sonali Yadav	Political science honours 2n	ygola911@gmail.com	Excellent
10/2/2024 19:17:51	Nitish Kumar	b.com programme 1st year	nkumar14138@gmail.com	Good
10/2/2024 19:22:10	Shivam Sharma	Bsc. mathematics and 2nd	marshalgayatri@gmail.com	Excellent
10/2/2024 20:58:47	Ritesh	Ba hons political science, 2r	riteshking595@gmail.com	Excellent
10/2/2024 23:25:23	Sarveshwar Kushw	History hons and 3rd year	Sarveshwarekushwaha509@gm	Good

Timestamp	Name	What aspects do you think could be improved? (in one lin	How did you find the structure of the
10/2/2024 18:20:40	Ruchita Singh Batr		Satisfied
10/2/2024 18:22:10	Akarsh maurya	The venue of the society should be changed and also the y	Very Satisfied
10/2/2024 18:29:14	Sonali Yadav	Nothing	Satisfied
10/2/2024 19:17:51	Nitish Kumar	More focus on stretching	Satisfied
10/2/2024 19:22:10	Shivam Sharma	By arranging more time slots.	Very Satisfied
10/2/2024 20:58:47	Ritesh	Maybe timings.	Very Satisfied
10/2/2024 23:25:23	Sarveshwar Kushw	There should be some table fans arranged because it's too	Neutral

1	Timestamp	Name	Did the class meet your expectations	How likely are you to attend future cli @dropdown
2	10/2/2024 18:20:40	Ruchita Singh Batr		I will try my best to be regular
3	10/2/2024 18:22:10	Akarsh maurya	Yes, discipline and health	Yes
4	10/2/2024 18:29:14	Sonali Yadav	Definitely yes	Always there
5	10/2/2024 19:17:51	Nitish Kumar		Most probably yes
6	10/2/2024 19:22:10	Shivam Sharma	Yes, it exceeded my expectations sinc	Sure-shot i will attend
7	10/2/2024 20:58:47	Ritesh	Yess	I try my best to attend most of the classes.
8	10/2/2024 23:25:23	Sarveshwar Kushw	After the classes I can say they met r	I want to fully commit to attending these yoga classes.
9				
10				

The feedback analysis for Serenity Stretch 1.0 workshop indicated a highly positive response from participants. Participants praised the well-organized sessions and the instructors' expertise. According to the feedback form questionnaire, participants expressed their improvements in flexibility and core strength. Many expressed that they felt more relaxed and centred afterward. Participants emphasized their desire for the workshop to continue, highlighting the positive impact on their well-being.