

DEPARTMENT OF PHYSICAL EDUCATION
ACADEMIC YEAR: 2022-23
ACTIVITY REPORT

VALUE ADDED COURSE YOGA AND STRESS MANGEMENT

Name of the Value Added Course	Certificate In Yoga and Stress Management
Course Coordinator	Dr. Renu Shungloo
Course Credit	30 Credits
Number of Participant enrolled	67
Successfully Completed	52
Type of Assessment	Subjective
COURSE OUTCOME	<p>Students will be able to work as Yoga Teacher in School, College, Universities, Hospitals and as a Yoga instructor in various health clubs and fitness centers and also join some NGOs.</p> <p>Students will be able to start their entrepreneurial ventures like freelance Yoga Consultant, Yoga Publication Officer, Yoga Therapist</p>
CO-PO MAPPING	Course outcomes mapped with POs
OUTCOME ATTAINED	80% students scored more than 70% marks
OVERVIEW OF THE VAC	To promote positive health, prevention of stress related health problems and rehabilitation.



Dr. Renu Shungloo
Course Coordinator & Convener

Title: 8th International Yoga Day Celebration

Date: 21st June 2022

Time: 9:00 a.m. to 11:00 a.m.

Venue: Aditya Hall, IISU Campus

Objective: To create awareness about the benefits of Yoga. It also aims to make this ancient practice popular among the present generation of people who are unaware of its benefits. Adopting this practice is believed to provide significant relief from physical ailments and mental tension which plagues our day to day life.

Description:

Eight International Yoga Day was celebrated on 21st June 2022 by the Department of Physical Education, Sports Board of IIS (deemed to be University) Jaipur. The volunteers first listened to the address of the Prime Minister Narendra Modi who extended his greetings to the entire world from the heritage city of Mysuru in Karnataka. He deliberated that Yoga brings peace for us. The peace from Yoga is not only for individuals, it brings peace to our nations and the world. He said that yoga is not only for any individual but for the entire humanity. More than 15,000 people participated in the Yoga celebrations along with the Prime Minister at the heritage city. This year the theme for the celebration is "Yoga for humanity". After the address, the volunteers in the IISU Campus performed the Yoga together with the guided demonstration made online in the celebration in Mysore. The demonstration included the practice of Pranayam and some asanas as per the common yoga protocol. Further, some of the students under the able guidance of Ms. Janki Pareek Yoga instructor, IIS (deemed to be University), Jaipur.

Outcome: Students of Yoga demonstrated the advance yoga postures to motivate about the positive impact of Yoga in aligning our mind and body. The session ended with Hasya Yoga added up to the joy of celebration.



Date: 1 July, 2022

VALUE ADDED COURSE PROPOSAL

Sir,

It is hereby proposed to offer a value added course entitled "**Certificate in Yoga and Stress Management**" for all students in the institute. This course will be beneficial to the student's community for their career and placement opportunities. We kindly request you to grant permission for conducting the same.

COURSE DETAIL:

S. No	Duration of Course	Name of the course	Conducting Department	Course Coordinator	Assessment Type	Whether available in curriculum
1	30 Hrs	Yoga and Stress Management	Physical Education	Dr. Renu Shungloo	Subjective	no
Course Outcomes						
co 1	Illustrate the knowledge of traditional text like Patanjali yoga sutra					
co 2	Illustrate the limbs of Ashtang yoga and branches of yoga					
co 3	Learn spiritual values of asana, kriya, mudra and Vayu					
co 4	Able to demonstrate and explain Surya Namaskar					
co 5	To learn the procedure of Shatkarmas (jal neeti, rubber niti, etc.) and be able to execute these					
Co6	The student will learn the yoga asana, be able to guide, other in practice					
Co7	To learn different methods of performing asana Pranayama, Mudra, Bandh					
Co8	To teach the concept of yoga and personality development					



Dr. Renu Shungloo
Coordinator & Convener



(deemed to be

IIS
UNIVERSITY
JAIPUR



Department of Physical Education



Career Oriented & Skill Development (COSD) Yoga & Stress Management

(Eligibility: 10+2)

*Career opportunities for
holistic lifestyle :*

- Yoga Advisor ◀
- Yoga Instructor ◀
- Yoga Therapist ◀
- Yoga Consultant ◀
- Yoga Practitioner ◀
- Yoga Health Manager ◀
- Yoga Publication Officer ◀

Top Recruiters

- Ministry of Ayush ◀
- Govt. & Pvt. Institutions ◀
- Govt./Private Hospitals ◀
- Research Centre ◀



VISIT US:
www.iisuniv.ac.in

APPLY NOW:
<https://icfia.org/iisu/apply>

CONTACT US:

+91 141 2400160, 2397906-07
Toll Free No.: 1800 180 7750

admissions@iisuniv.ac.in

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)

☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in

Date: 5 July, 2022

CIRCULAR

It is informed that the Value Added Course on "Certificate in Yoga and Stress Management" will be conducted from 16 July 2022- 5 April 2023 during the morning session Tuesday to Saturday at 9:30 am to 10:30 am. Registration will be on the basis of first come first serve. Students are asked to enroll their names for the above mentioned value added course as early as possible.

HOD and respective department staff members are instructed to follow-up the same. Your whole hearted co-operation is needed to conduct the session in gentle manner.

Last Date of Registration: 03.09.2022

Course Coordinator: Dr. Renu Shungloo
Email ID: renu.shungloo@iisuniv.ac.in



Registrar

Enclosure:
Brochure, Syllabus Copy to :
All Deans/ HoDs

Certificate in Yoga and Stress Management (2022-23)

Students enrollment List

SNO	ENR_NO	NAME	CLASS
1	IISU/2022/ADM/33744	AKSHITA SRIVASTAVA	BA (H)
2	IISU/2023/ADM/35107	ALEENA SHAMEEM	BA (H)
3	IISU/2022/ADM/34797	ANJALI CHOUDHARY	BBA
4	IISU/2022/ADM/34277	ANKITA LATH	BFA
5	IISU/2022/ADM/34124	ANUSHKA NARUKA	BSC
6	IISU/2022/ADM/34801	AVANI SHARMA	BA (H)
7	IISU/2022/ADM/34939	BALAWAT PRIYA KUVAR	BA
8	IISU/2022/ADM/34298	BHAWANA SINGH	BA
9	IISU/2022/ADM/33795	CHESTA VIJAY	BSC
10	IISU/2022/ADM/34893	DEEPIKA KANWAR	BA
11	IISU/2022/ADM/35042	DHANISHTHA RATHORE	BSC (H)
12	IISU/2022/ADM/33801	DIMPLE SOLANKI	BBA
13	IISU/2022/ADM/35008	DIVYA VERMA	BA (H)
14	IISU/2022/ADM/34145	DIYA JAIN	BFA
15	IISU/2022/ADM/34583	GATI BHATNAGAR	BA
16	IISU/2022/ADM/34616	HARMANPREET KAUR	BA (H)
17	IISU/2022/ADM/33804	HARSHITA BHATIA	BSC
18	IISU/2022/ADM/34400	HARSHITA BIJARNIA	BSC
19	IISU/2022/ADM/34693	HARSHITA MODI	BA (H)
20	IISU/2022/ADM/33993	JAYSHREE RATHORE	BFA
21	IISU/2022/ADM/33759	JESIKA SHARMA	BA
22	IISU/2022/ADM/35070	JYOTI YADAV	ADDON
23	IISU/2022/ADM/33698	JYOTIRMAYEE RATHORE	BA (H)
24	IISU/2022/ADM/33892	KANISHKA RATHORE	BCOM
25	IISU/2022/ADM/34754	KANISHKA SOLANKI	BA
26	IISU/2022/ADM/34890	KHUSHBU AITHANI	BA (H)
27	IISU/2022/ADM/35015	KHUSHBU ASAWAT	BA (H)
28	IISU/2022/ADM/34432	KHUSHI KUMAWAT	BFA
29	IISU/2022/ADM/33908	KOMAL CHATURVEDI	BA
30	IISU/2022/ADM/34943	KOMAL MEENA	BSC (H) - Mathematics
31	IISU/2022/ADM/34853	KRITIKA CHOUDHARY	BSC
32	IISU/2022/ADM/34126	KRITIKA SHARMA	BA
33	IISU/2022/ADM/33997	LAKSHITA RATHORE	BA (H)
34	IISU/2022/ADM/33837	LAKSHITA RATHORE	BBA

35	IISU/2022/ADM/34378	MADHU CHOUDHARY	BA
36	IISU/2022/ADM/34039	MAHIMA CHOUDHARY	BA
37	IISU/2022/ADM/35075	MANISHA PRAJAPAT	ADDON
38	IISU/2022/ADM/34486	MANSAVI	BFA
39	IISU/2022/ADM/34289	MANSHI RAJAWAT	BSC
40	IISU/2022/ADM/33831	MONISHA KAPOOR	BFA
41	IISU/2022/ADM/34064	PARIDHI JHALANI	BA
42	IISU/2022/ADM/34324	PAXLIKA KUMAWAT	BA
43	IISU/2022/ADM/34919	POOJA CHOUDHARY	BFA
44	IISU/2022/ADM/35087	POOJA JAT	ADDON
45	IISU/2023/ADM/35100	PRASHANSA JAIN	BBA
46	IISU/2022/ADM/34959	PRINJAL SIHAG	BA
47	IISU/2022/ADM/35076	PRIYANKA KANWAR	ADDON
48	IISU/2022/ADM/35002	PRIYANSHI JODHA	BA (H)
49	IISU/2022/ADM/34756	PURVI KHANDELWAL	BCOM
50	IISU/2022/ADM/35077	RITU SWAMI	ADDON
51	IISU/2022/ADM/33665	RIYA JAIN	BA (H)
52	IISU/2022/ADM/34257	RIYA JAIN	BFA
53	IISU/2022/ADM/34335	RIYA UPADHYAY	BSC (H)
54	IISU/2022/ADM/33682	SHANU JAIN	BBA
55	IISU/2022/ADM/34918	SHREYASI KARNA	BSC-FD
56	IISU/2022/ADM/34965	SHRIYA SINGH	BA (H)
57	IISU/2022/ADM/33869	SHRUTI VERMA	BA
58	IISU/2022/ADM/33953	SURBHI NEHRA	BBA
59	IISU/2022/ADM/34455	TANISHA SHARMA	BSC
60	IISU/2022/ADM/34279	TANUSHREE SHEKHAWAT	BA
61	IISU/2021/ADM/32350	TANVI SINGHVI	BBA
62	IISU/2022/ADM/34304	VAISHALI PANWAR	BCOM (H)
63	IISU/2022/ADM/34626	VANIKA CHOUDHARY	BA (H)
64	IISU/2022/ADM/34574	VEDIKA SHARMA	BA
65	IISU/2022/ADM/33732	VRINDA AGRAWAL	BFA
66	IISU/2022/ADM/34326	YASHILA JINDAL	BA
67	IISU/2022/ADM/34999	YOGITA BISHNOI	BA



Dr. Renu Shungloo
Course Coordinator & Convener

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)

☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in

Department- Physical Education
Certificate in Yoga & Stress Management
Year- 2022-23

PROGRAMME OUTCOMES (PO's)

PO1	The students will learn the philosophy of the yoga systems & the new thought in the yoga movement in the country.
PO2	To Create Therapists of high caliber to make the society free from stress & life style related diseases.
PO3	Complete knowledge of yoga on Physical, Mental, Intellectual, Emotional and Spiritual way.

PROGRAMME SPECIFIC OUTCOMES (PSO's)

PSO 1	Students will be trained to be Spiritually rooted, Socially productive, Intellectually Creative, Emotionally balanced, Mentally sound & Physically strong.
PSO 2	Students will be able to demonstrate the Yoga practices in correct authentic forms
PSO 3	Introduce basic concepts of Preventive Health and Health Promotion through Yoga.
PSO 4	The students will be able to understand traditional Indian Yoga System and misconception of Yoga practice..
PSO 5	The students will be introduced to the essential elements of Yogic life style the concept of Health and Disease and their remedies through Yoga practice
PSO 6	Integrate and apply knowledge of Yoga and spiritual evolution for the practice of yoga as health care therapy.
PSO 7	Promote the awareness for positive health and personality development in the society through yoga awareness programme
PSO 8	Improving the health of mind and body, basic knowledge of physical and mental level
PSO 9	Knowledge ability to use professional conduct during the practice of yoga asana
PSO 10	After the successful completion of yoga course student can pursue their career as a yoga trainer in Hospitals, Health club and Wellness centres etc.

Department of Physical Education
COSD: Yoga and Stress Management
Learning Outcomes: Course/Programme

Course	COs	PSO -1	PSO -2	PSO -3	PSO -4	PSO -5	PSO -6	PSO -7	PSO -8	PSO -9	PSO -10
YSM-131	C01				X						
	C02				X						
	C03	X								X	
	C04		X								
YSM-132	C05	X			X						
	C06							X	X		X
	C07	X	X								
	C08	X						X	X		
	C09					X			X		X
YSM-133	C010					X		X	X		
	C011			X			X				X
	C012		X							X	X
	C013			X			X			X	X
	C014		X			X					

DEPARTMENT OF PHYSICAL EDUCATION

COSD PROGRAMME

CERTIFICATE COURSE IN YOGA AND STRESS MANAGEMENT

ANNEXURE I

Structure of the programme: Units/Courses/modules with their learning outcomes and learning, teaching and assessment strategies.

Course Learning Outcomes (CLOs)

Courses		Learning Outcomes (at course level)	Learning and teaching strategies	Assessment Strategies
Paper Code	Paper Title			
YSM 131	Traditional Yoga	<p>CO-1: Illustrate the knowledge of traditional text like Patanjali yoga sutra</p> <p>CO-2: Illustrate the limbs of Ashtang yoga and branches of yoga</p> <p>CO-3: Describe spiritual values of asana, kriya, mudra and Vayu</p> <p>CO-4: Able to demonstrate and explain Surya namashkar</p> <p>CO-5: Understanding about yoga darshan of Patanjali and chitta vritti nirodha</p>	<p>Approach in teaching: Teaching Interactive lectures, discussions, reading, team teaching, effective question.</p> <p>Learning activities for the students: Self learning, assignments, Effective questions, Project, Presentation, Giving tasks.</p>	Class test , semester end examination , quiz, assignment

TRADITIONAL YOGA

Credits: 2
Paper Code: YSM 131
Total Hours: 30 Hrs

Objectives

- The Aims of Traditional yoga is mainly to attend emancipation.
- To integrate moral values, Cultivate discernment and awareness.
- The aim is self realization to overcome all kinds of sufferings.

UNIT I Yoga 08 Hrs

- 1.1 Definition of Yoga according to Patanjali, Gita, Swatmarama, Gheranda , Charandas
- 1.2 Concept of Traditional and Modern Yoga
- 1.3 Relationship of Yoga with Education, Science, and Personality Development
- 1.4 Basic Principles of Yoga
- 1.5 Indication and Contraindications of Yogasana practice
- 1.6 Misconceptions related to Yoga

UNIT II Patanjali Yog Sutra 08 Hrs

- 2.1 Concept of Patanjali Yoga Sutra
- 2.2 Types of Yoga.
- 2.3 Astang Yoga
- 2.4 Prayer – Its significance in Yogic Practices.

UNIT III Great Philosophies of Indian Yoga Culture 08 Hrs

- 3.1 Charwak
- 3.2 Bodh Dharam Ki Shikshya
- 3.3 Mahavir Ji Ki Shikshya
- 3.4 Swami Vivekanand Ji Ka Karmayog

UNIT IV Aspects of Yogasana 08 Hrs

- 4.1 Asana : Meaning, Types, and Principles
- 4.2 Kriya : Meaning, Types, Methods, and Benefits
- 4.3 Mudra: Meaning, Types, Methods, and Benefits
- 4.4 Bandha : Meaning, Types, Methods, and Benefits

UNIT V Pranayama and Suryanamaskar 06 Hrs

- 5.1 Concept, Steps and Techniques of Suryanamaskar.
- 5.2 Concept and Types of Pranayama
- 5.3 Importance and Effects of Suryanamaskar and Pranayama.
- 5.4 General features of Pranayama.

Courses		Learning Outcomes (at course level)	Learning and teaching strategies	Assessment Strategies
Paper Code	Paper Title	<p>CO-1: To teach the concept of yoga and psychology</p> <p>CO-2: To aware the knowledge and understanding the meaning of meditation and its type</p> <p>CO-3: To teach the concept of yoga and personality development</p> <p>CO-4: Illustrate mechanism of sense and perception states of consciousness and their functions</p> <p>CO-5: Experience the relationship between mind , body and spirit</p>	<p>Approach in teaching: Teaching Interactive lectures, self-learning assignments, class presentation, tutorials.</p> <p>Learning activities for the students: Self-learning, assignments, Effective questions, Project, Presentation, Giving tasks.</p>	Class test, semester end examination , Quiz, assignment , solving problems in tutorials , presentation.
YSM 132	Yoga And Mental Health			

YOGA AND MENTAL HEALTH

Credits: 2
Paper Code: YSM 132
Total Hours: 30 Hrs

Objectives

- To increase use of healthy, proactive stress management techniques.
- To attend higher level of consciousness and emotional stability.

UNIT I Mental Health

06 Hrs

- 1.1 Meaning and Definition
- 1.2 Principles of Mental Health
- 1.3 Need and Importance
- 1.4 Factors affecting Mental Health
- 1.5 Relationship of Mental Health and Yoga

UNIT II Psychological and Physiological Effect of Yoga

08 Hrs

- 2.1 Concept of Normality - Psychological and Yogic approaches
- 2.2 Emotional Disorders - Causes, Effects and Remedies in Patanjali Yoga sutra
- 2.3 Conflict and Frustration - Yogic Remedies
- 2.4 Personal and Interpersonal Adjustments through Yoga
- 2.5 Stress Management - Modern and Yogic perspectives

UNIT III Yoga and Exercise

06 Hrs

- 3.1 Concept of Yoga as an Exercise
- 3.2 Difference between Asana and Exercise
- 3.3 Difference between Pranayama and deep breathing
- 3.4 Yoga Poses and Positions
- 3.5 Yogic Diet for Preventive and Curative aspects

UNIT IV Meditation

04 Hrs

- 4.1 Meaning and Importance of Meditation
- 4.2 Types of Meditation
- 4.3 Role of Meditation & Pranayama on Stress
- 4.4 Physiological aspect of Meditation
- 4.5 Impact of Yoga on Mental, Emotional, Intellectual and Spiritual level

UNIT V Applications of Yogasanas

06 Hrs

- 5.1 Yogasana Practice and Importance of Sequence in Asana Practice
- 5.2 Yogasana for different Stages of Life:
 - i.) Children
 - ii) Adolescent
 - iii) Adult
 - iv) Old Age
- 5.3 Yogasanas and their impact on the mind-body complex
- 5.4 Role of Yogasana in Healthy Living and Harmony
- 5.5 Occurrence of Injuries in Yoga and their Prevention

Courses		Learning Outcomes (at course level)	Learning and teaching strategies	Assessment Strategies
Paper Code	Paper Title	CO-1: To introduce a regular and rigorous practice of yoga practicing CO-2: To learn the procedure of Shatkarmas (jal neeti, rubber niti, etc.) and be able to execute these CO-3: The student will learn the yoga asana, be able to guide, other in practice CO-4: To learn different methods of performing asana Pranayama, Mudra Bandh	Approach in teaching: Live demonstration, project, file, group competition, individual completion, giving task. Learning activities for the students: Field activities, Task of Observation Study, Presentation, Competition exercise.	Observation, project, competition, file
YSM 133	Practical			

PRACTICAL

Credits: 6
Paper Code: YSM 133
Total Hours: 180 Hrs

Objectives

- The Primary goal of yoga is to gain balance and control in one's life.
- To provide a sense of calm that comes from the practice exercises and the practice of Breath control.
- A way to get in to shape but also as a tool for self-healing.

I. Asanas -

80 hrs

Part A

1. Sarvangasana
2. Uttanapadasana
3. Halasana
4. Naukasana
5. Pavana-muktasana
6. Padmasana
7. Matsyasana
8. Vajrasana
9. Supta-Vajrasana
10. Sarakasana
11. Mandukasana
12. Kurmasana
13. Pascimottanasana
14. Vakrasana
15. Ardha-matsyendrasana
16. Gomukhasana
17. Savasana (yog-nidra)
18. Makarasana
19. Ardha-Halasana
20. Chakrasana
21. Setubandh-asana
22. Dhanurasana
23. Salabhasana
24. Viprita Naukasana
25. Ustrasana
26. Trikonasana

27. Tadasana
28. Vrksasana
29. Garudasana
30. Konasana
31. Dhruvasana
32. Brahmacharyasana

Part B

II. Yog Mudrasana -

40 hrs

1. Jnana mudra (Dhyana mudra)
2. Vayu mudra
3. Sunya mudra
4. Prthvi mudra
5. Prana mudra
6. Apana mudra
7. Apana Vayu mudra
8. Surya mudra
9. Varuna mudra
10. Linga mudra
11. Dharana Sakti mudra
12. Viparita-Karani mudra
13. Brahma mudra

III. Kriyas

30 hrs

1. Jala-Neti
2. Kapalabhati
3. Agnisara
4. Tratak
5. Vaman
6. Rubber Neti

IV. Pranayam, Prayers and Chanting

25 hrs

1. Anuloma – viloma
2. Bhramari
3. Bhastrika
4. Surya bhedana
5. Ujjayi Pranayam
6. Om Stavana
7. Prayer

V. Surya Namaskara

05 hrs

REFERENCE BOOKS

1. “Asanas” by Swami Kuvalayananda.
2. “Pranayama” by Swami Kuvalayananda.
3. “Essence of Pranayama” by Dr. Shrikrishna.
4. “Structure & Functions of human body and effects on it” by Dr. Shrikrishna.
5. “Man Mind and Consciousness” by Dr. Shrikrishna.
6. “Yoga & Mental Health & beyond” by Prof. R. S. Bhogal.
7. “Hathapradipika” by Swami Digambarji.
8. “GherandaSamhita” by Swami Digambarji.
9. “Patanjali’s Yoga Sutras” by Dr. P. V. Karambelkar.
10. Abstracts and Bibliography of Articles on Yoga (Part 1 & 2) by Dr. M. V. Bhole and Dr. T. K. Bera.
11. “Asanas: Why & How” by Shri O. P. Tiwariji.
12. “Basic Principles and Methods of teaching as applied to Yogic Practices” by Dr. Shrikrishna.
13. “Teaching Methods for Yogic Practices” by Dr. M. L. Gharote and Dr. S. K. Ganguly.
14. “Light on Yoga” by B. K. S. Iyengar.
15. “Yoga As Medicine” by Yoga Journal and Timothy McCall.
16. “Mudras: Yoga in Your Hands” by Gertrud Hirschi.
17. “The Language of Yoga” by Nicholai Bachman.

SCHDULE FOR THE VALUE ADDED COURSE CERTIFICATE IN YOGA AND STRESS MANAGEMENT (2022-23)

		Course Title: Traditional Yoga Course Code: YSM-131	
DATE	TIME	TOPIC COVERED	HOURS
6.9.22- 28.9.22	9.30AM-10.30 AM	Meaning & Definitions of Yoga	1
	9.30AM-10.30 AM	Concept of Traditional and Modern Yoga	1
	9.30AM-10.30 AM	Relationship of Yoga with Education , Science and Personality Development	1
	9.30AM-10.30 AM	Basic Principles of Yoga	1
	9.30AM-10.30 AM	Indications and Contraindication of Yogasana Practice	1
	9.30AM-10.30 AM	Misconceptions related to Yoga	1
11.10.22- 25.10.22	9.30AM-10.30 AM	Concept of Patanjali Yog Sutra	1
	9.30AM-10.30 AM	Types of Yoga	1
	9.30AM-10.30 AM	Ashtang Yoga	1
	9.30AM-10.30 AM	Ashtang Yoga	1
	9.30AM-10.30 AM	Prayer-Its significance in Yogic Practices	1
	9.30AM-10.30 AM	Prayer-Its significance in Yogic Practices	1
	9.30AM-10.30 AM	Great Philosophies of India Charwak	1
1.11.22- 13.12.22	9.30AM-10.30 AM	Bodha Dharam ki Shikshya	1
	9.30AM-10.30 AM	Mahavir ki shikshya	1
	9.30AM-10.30 AM	Asana meaning, Types and Principles	1
	9.30AM-10.30 AM	Asana meaning, Types and Principles	1

	9.30AM-10.30 AM	Kriyas meaning, Types Methods and Benefits	1
	9.30AM-10.30 AM	Kriyas meaning, Types Methods and Benefits	1
3.1.23-31.1.23	9.30AM-10.30 AM	Mudra meaning, Types Methods and Benefits	1
	9.30AM-10.30 AM	Mudra meaning, Types Methods and Benefits	1
	9.30AM-10.30 AM	Bandha meaning, Types Methods and Benefits	1
	9.30AM-10.30 AM	Bandha meaning, Types Methods and Benefits	1
	9.30AM-10.30 AM	Concept of Suryanamaskar	1
1.2.2023-28.2.2023	9.30AM-10.30 AM	Steps of Suryanamaskar	1
	9.30AM-10.30 AM	Techniques of Suryanamaskar	1
	9.30AM-10.30 AM	Concept of Pranayama	1
	9.30AM-10.30 AM	Types of Pranayama	1
	9.30AM-10.30 AM	Types of Pranayama	1
1.3.2023-5.4.2023	9.30AM-10.30 AM	Importance of Suryanamaskar	1
	9.30AM-10.30 AM	Effects of Suryanamaskar	1
	9.30AM-10.30 AM	Importance of Pranayama	1
	9.30AM-10.30 AM	Effects of Pranayama	1
	9.30AM-10.30 AM	General Features of Pranayama	1
	9.30AM-10.30 AM	General Features of Pranayama	1

IIS (DEEMED TO BE UNIVERSITY),

Paper Code _____
Paper Title _____

				ATTENDANCE(✓)																	TOPICS TAUGHT	TEACHER'S SIGNATURE
S.NO.	IISU ADMISSION NO.	TUTOR GUARDIAN	NAME OF THE STUDENT	S.NO.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	DATE	NO OF PERIODS						
				1	2	3	4	5	6	7	8	9	10									
30	IISU/2022/ADM/34943		KOMAL MEENA		A	A	A	A	A	A	A	A	A	A	1/9/22							
31	IISU/2022/ADM/34853		KRITIKA CHOUDHARY		A	A	A	A	A	A	A	A	A	A	2/9/22							
32	IISU/2022/ADM/34126		KRITIKA SHARMA		A	A	A	A	A	A	A	A	A	A	3/9/22							
33	IISU/2022/ADM/33997		LAKSHITA RATHORE		A	A	A	A	A	A	A	A	A	A	4/9/22							
34	IISU/2022/ADM/33837		LAKSHITA RATHORE		A	A	A	A	A	A	A	A	A	A	5/9/22							
35	IISU/2022/ADM/34378		MADHU CHOUDHARY		A	A	A	A	A	A	A	A	A	A	6/9/22							
36	IISU/2022/ADM/34039		MAHIMA CHOUDHARY		A	A	A	A	A	A	A	A	A	A	7/9/22							
37	IISU/2022/ADM/35075		MANISHA PRAJAPAT		A	A	A	A	A	A	A	A	A	A	8/9/22							
38	IISU/2022/ADM/34486		MANSAVI		A	A	A	A	A	A	A	A	A	A	9/9/22							
39	IISU/2022/ADM/34289		MANSI RAJAWAT		A	A	A	A	A	A	A	A	A	A	10/9/22							
40	IISU/2022/ADM/33831		MONISHA KAPOOR		A	A	A	A	A	A	A	A	A	A	11/9/22							
41	IISU/2022/ADM/34064		PARIDHI JHALANI		A	A	A	A	A	A	A	A	A	A	12/9/22							
42	IISU/2022/ADM/34324		PAXLIKA KUMAWAT		A	A	A	A	A	A	A	A	A	A	13/9/22							
43	IISU/2022/ADM/34919		POOJA CHOUDHARY		A	A	A	A	A	A	A	A	A	A	14/9/22							
44	IISU/2022/ADM/35087		POOJA JAT		A	A	A	A	A	A	A	A	A	A	15/9/22							
45	IISU/2023/ADM/35100		PRASHANSA JAIN		A	A	A	A	A	A	A	A	A	A	16/9/22							
46	IISU/2022/ADM/34959		PRINJAL SIHAG		A	A	A	A	A	A	A	A	A	A	17/9/22							
47	IISU/2022/ADM/35076		PRIYANKA KANWAR		A	A	A	A	A	A	A	A	A	A	18/9/22							
48	IISU/2022/ADM/35002		PRIYANSHI JODHA		A	A	A	A	A	A	A	A	A	A	19/9/22							
49	IISU/2022/ADM/34756		PURVI KHANDELWAL		A	A	A	A	A	A	A	A	A	A	20/9/22							
50	IISU/2022/ADM/35077		RITU SWAMI		A	A	A	A	A	A	A	A	A	A	21/9/22							
51	IISU/2022/ADM/33665		RIYA JAIN		A	A	A	A	A	A	A	A	A	A	22/9/22							
52	IISU/2022/ADM/34257		RIYA JAIN		A	A	A	A	A	A	A	A	A	A	23/9/22							
53	IISU/2022/ADM/34335		RIYA UPADHYAY		A	A	A	A	A	A	A	A	A	A	24/9/22							
54	IISU/2022/ADM/33682		SHANU JAIN		A	A	A	A	A	A	A	A	A	A	25/9/22							
55	IISU/2022/ADM/34918		SHREYASI KARNA		A	A	A	A	A	A	A	A	A	A	26/9/22							
56	IISU/2022/ADM/34965		SHRIYA SINGH		A	A	A	A	A	A	A	A	A	A	27/9/22							
57	IISU/2022/ADM/33869		SHRUTI VERMA		A	A	A	A	A	A	A	A	A	A								

JAIPUR

Programme _____ Section _____
Semester _____ Month _____

S.NO.	ATTENDANCE																											STUDENT'S ATTENDANCE DUTY LEAVE	TOTAL	For Evaluation viz. File/View Project Marks			
	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.	26.	27.																
1.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
2.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
3.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
4.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
5.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
6.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
7.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
8.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
9.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
10.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
11.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
12.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
13.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
14.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
15.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
16.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
17.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
18.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
19.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
20.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
21.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
22.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
23.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
24.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
25.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
26.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
27.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
28.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
29.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																
30.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A																

Signature of the Head

MS

CO

TE

AS

PC

GT

)

Signature of the Head _____

Signature of the Head _____

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)

☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in

JAIPUR

Programme

Section

Semester

Month

[illegible]

Signature of the Head



IIS
(deemed to be) **UNIVERSITY**
JAIPUR

75
Azadi Ka
Amrit Mahotsav



IIS (DEEMED TO BE UNIVERSITY),

Paper Code _____
Paper Title _____

				ATTENDANCE (%)										
S.NO.	IISU ADMISSION NO.	TUTOR GUARDIAN	NAME OF THE STUDENT	S.NO.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
				DATE	10/11	11/11	12/11	13/11	14/11	15/11	16/11	17/11	18/11	
				NO. OF PERIODS										
1	IISU/2022/ADM/33744	AKSHITA SRIVASTAVA												
2	IISU/2023/ADM/35107	ALEENA SHAMEEM												
3	IISU/2022/ADM/34797	ANJALI CHOUDHARY												
4	IISU/2022/ADM/34277	ANKITA LATH												
5	IISU/2022/ADM/34124	ANUSHKA NARUKA												
6	IISU/2022/ADM/34801	AVANI SHARMA												
7	IISU/2022/ADM/34939	BALAWAT PRIYA KUMAR												
8	IISU/2022/ADM/34298	BHAWANA SINGH												
9	IISU/2022/ADM/33795	CHESTA VIJAY												
10	IISU/2022/ADM/34893	DEEPIKA KANWAR												
11	IISU/2022/ADM/35042	DHANISHTHA RATHORE												
12	IISU/2022/ADM/33801	DIMPLE SOLANKI												
13	IISU/2022/ADM/35008	DIVYA VERMA												
14	IISU/2022/ADM/34145	DIYA JAIN												
15	IISU/2022/ADM/34583	GATI BHATNAGAR												
16	IISU/2022/ADM/34616	HARMANPREET KAUR												
17	IISU/2022/ADM/33804	HARSHITA BHATIA												
18	IISU/2022/ADM/34400	HARSHITA BIJARNIA												
19	IISU/2022/ADM/34693	HARSHITA MODI												
20	IISU/2022/ADM/33993	JAYSHREE RATHORE												
21	IISU/2022/ADM/33759	JESIKA SHARMA												
22	IISU/2022/ADM/35070	JYOTI YADAV												
23	IISU/2022/ADM/33698	JYOTIRMAYEE RATHORE												
24	IISU/2022/ADM/33892	KANISHKA RATHORE												
25	IISU/2022/ADM/34754	KANISHKA SOLANKI												
26	IISU/2022/ADM/34890	KHUSHBU AITHANI												
27	IISU/2022/ADM/35015	KHUSHBU ASAWAT												
28	IISU/2022/ADM/34432	KHUSHI KUMAWAT												
29	IISU/2022/ADM/33908	KOMAL CHATURVEDI												

TOPIC: TAILOUT

Chavara k
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
Bachchan
B

TOPICS TAUGHT

TEACHER'S SIGNATURE

JAIPUR

Programme _____
Semester _____

Section _____
Month _____

S.NO.																												STUDENT'S ATTENDANCE	DUTY LEAVE	TOTAL	For Evaluation via File/Work Project Marks
	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.	26.	27.														
1.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
2.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
3.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
4.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
5.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
6.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
7.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
8.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
9.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
10.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
11.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
12.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
13.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
14.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
15.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
16.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
17.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
18.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
19.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
20.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
21.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
22.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
23.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
24.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
25.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
26.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
27.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
28.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
29.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
30.	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS				
	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS																			

Signature of the Head _____

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)

☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in



(deemed to be UNIVERSITY)
JAIPUR

75
Azadi Ka
Amrit Mahotsav



भारत 2023 INDIA

IIS (DEEMED TO BE UNIVERSITY),

Paper Code _____
Paper Title _____

S.NO.	IISU ADMISSION NO.	TUTOR GUARDIAN	NAME OF THE STUDENT	ATTENDANCE(✓)									
				S.NO.	1.	2.	3.	4.	5.	6.	7.	8.	9.
				DATE	1/12	2/12	3/12	4/12	5/12	6/12	7/12	8/12	9/12
				NO. OF PERIODS									
30	IISU/2022/ADM/34943		KOMAL MEENA										
31	IISU/2022/ADM/34853		KRITIKA CHOUDHARY										
32	IISU/2022/ADM/34126		KRITIKA SHARMA										
33	IISU/2022/ADM/33997		LAKSHITA RATHORE										
34	IISU/2022/ADM/33837		LAKSHITA RATHORE										
35	IISU/2022/ADM/34378		MADHU CHOUDHARY										
36	IISU/2022/ADM/34039		MAHIMA CHOUDHARY										
37	IISU/2022/ADM/35075		MANISHA PRAJAPAT										
38	IISU/2022/ADM/34486		MANSAVI										
39	IISU/2022/ADM/34289		MANSHI RAJAWAT										
40	IISU/2022/ADM/33831		MONISHA KAPOOR										
41	IISU/2022/ADM/34064		PARIDHI JHALANI										
42	IISU/2022/ADM/34324		PAXLIKA KUMAWAT										
43	IISU/2022/ADM/34919		POOJA CHOUDHARY										
44	IISU/2022/ADM/35087		POOJA JAT										
45	IISU/2023/ADM/35100		PRASHANSA JAIN										
46	IISU/2022/ADM/34959		PRINJAL SIHAG										
47	IISU/2022/ADM/35076		PRIYANKA KANNWAR										
48	IISU/2022/ADM/35002		PRIYANSHI JODHA										
49	IISU/2022/ADM/34756		PURVI KHANDLWAL										
50	IISU/2022/ADM/35077		RITU SWAMI										
51	IISU/2022/ADM/33665		RIYA JAIN										
52	IISU/2022/ADM/34257		RIYA JAIN										
53	IISU/2022/ADM/34335		RIYA UPADHYAY										
54	IISU/2022/ADM/33682		SHANU JAIN										
55	IISU/2022/ADM/34918		SHREYASI KARNA										
56	IISU/2022/ADM/34965		SHRIYA SINGH										
57	IISU/2022/ADM/33869		SHRUTI VERMA										

TOPIC(S) TAUGHT

TEACHER'S SIGNATURE

JAIPUR

Programme _____ Section _____
Semester _____ Month _____

S.NO.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.	26.	27.	STUDENT'S ATTENDANCE	DUTY LEAVE	TOTAL	For Evaluation viz. File/Viral Project Marks
1.	R	A	A	H	A	K	A	K	V	A	A	A	A	A	A						
2.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
3.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
4.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
5.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
6.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
7.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
8.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
9.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
10.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
11.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
12.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
13.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
14.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
15.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
16.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
17.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
18.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
19.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
20.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
21.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
22.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
23.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
24.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
25.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
26.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
27.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
28.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
29.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						
30.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A						

Signature of the Head

IISU Campus, Gurukul Marg, SFS, Mansarovar, Jaipur-302020 (Rajasthan)

☐ +91 141 2400160, 2400161 ☐ Email Id: iisuniversity@iisuniv.ac.in ☐ Web.: www.iisuniv.ac.in

IIS (DEEMED TO BE UNIVERSITY),

Paper Code _____
Paper Title _____

				ATTENDANCE (%)										
S.NO.	ISU ADMISSION NO.	TUTOR GUARDIAN	NAME OF THE STUDENT	S.NO.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
				DATE	3	4	10	11	18	24	25	31	1	2
				NO. OF PERIODS	8	2	A	R	0	A	3	2	2	A
58	IISU/2022/ADM/33953	SURBHI NEHRA			Surbhi Nehra									
59	IISU/2022/ADM/34455	TANISHA SHARMA			Tanisha Sharma									
60	IISU/2022/ADM/34279	TANUSHREE SHEKHAWAT			Tanushree Shekhawat									
61	IISU/2021/ADM/32350	TANVI SINGHVI			Tanvi Singhvi									
62	IISU/2022/ADM/34304	VAISHALI PANWAR			Vaishali Panwar									
63	IISU/2022/ADM/34626	VANIKA CHOUDHARY			Vanika Choudhary									
64	IISU/2022/ADM/34574	VEDIKA SHARMA			Vedika Sharma									
65	IISU/2022/ADM/33732	VRINDA AGRAWAL			Vrinda Agrawal									
66	IISU/2022/ADM/34326	YASHILA JINDAL			Yashila Jindal									
67	IISU/2022/ADM/34999	YOGITA BISHNOI			Yogita Bishnoi									
12.														
13.														
14.														
15.														
16.														
17.														
18.														
19.														
20.														
21.														
22.														
23.														
24.														
25.														
26.														
27.														
28.														
29.														
30.														
REMARKS				TOPICS TAUGHT										
				TEACHERS										

JAIPUR

Programme _____ Section _____
Semester _____ Month _____

S.NO.																											
	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.	21.	22.	23.	24.	25.	26.	27.	TOTAL		For Evaluation							
																		ATTENDANCE	DUTY LEAVE	Final	Project	Practical	Internal	External	Project	Practical	Internal
1.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
2.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
3.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
4.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
5.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
6.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
7.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
8.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
9.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
10.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
11.	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A										
12.																											
13.																											
14.																											
15.																											
16.																											
17.																											
18.																											
19.																											
20.																											
21.																											
22.																											
23.																											
24.																											
25.																											
26.																											
27.																											
28.																											
29.																											
30.																											

Signature of the Head _____

COSD

COSD ANNUAL EXAMINATION, March 2023

Subject: Physical Education

Paper Code: YSM-131

Paper Title: Traditional Yoga

Time allowed: 60 minutes

Maximum marks: 35

The question paper consists of three sections:

Section A – consists of 6 Short Answer Questions (3 from each unit) of 2 marks each. Students can attempt any 5 questions (Maximum Marks: 10)

Section B – consists of 2 Essay Type/Long Answer Questions of 10 marks each with internal choice. Students can attempt any two questions observing the Internal Choice. Each questions carries 10 marks (Maximum Marks: 20)

Section C – consists of 1 Application based Question with internal choice (one from each unit) (Maximum Marks: 5).

SECTION ‘A’

5 qns x 2 mks = 10 mks

1. Short-Answer Questions

- (i) Define Yoga according to Patanjali, and Geeta.
- (ii) Describe the relationship of yoga with Education.
- (iii) Enlist the principles of yoga . Explain anyone.
- (iv) Explain in brief Bhakti yoga and Hatha yoga.
- (v) Write a short note on ‘Antarang ’Yoga.
- (vi) What are the benefits of prayer in our daily life?

SECTION ‘B’

2 qns x 10 mks = 20mks

2. Explain in detail Indication and Contraindication for Yogasana practice .

OR

Differentiate between Traditional and Modern yoga.

3. Explain in detail the concept of “Patanjali Yog Sutra”.

OR

Explain the role of yoga in modern time.

SECTION ‘C’

1 qns x 5 mks = 5 mks

- 4 .What are the misconceptions related to yoga?

OR

Define Prayer & explain its types.

Department of Physical Education
VALUE ADDED COURSE CERTIFICATE IN YOGA AND STRESS MANAGEMENT (2022-23)

EVALUATION SHEET

SR. NO	ENROLNMENT NO	NAME	TRADITIONAL YOGA (TH)	YOGA AND MENTAL HEALTH	PRACTICAL
			YSM 131 (100 MARKS)	YSM 132 (100 MARKS)	YSM 133 (100 MARKS)
1.	IISU/2022/ADM/33744	AKSHITA SRIVASTAVA	81	65	63
2.	IISU/2023/ADM/35107	ALEENA SHAMEEM	55	56	53
3.	IISU/2022/ADM/34797	ANJALI CHOUDHARY	64	66	51
4.	IISU/2022/ADM/34277	ANKITA LATHI	27	34	41
5.	IISU/2022/ADM/34124	ANUSHKA NARUKA	62	76	72
6.	IISU/2022/ADM/34801	AVANI SHARMA	77	74	76
7.	IISU/2022/ADM/34939	BALAWAT PRIYA KUVAR	18	28	40
8.	IISU/2022/ADM/34298	BHAWANA SINGH	85	82	80
9.	IISU/2022/ADM/33795	CHESTA VIJAY	61	54	55
10.	IISU/2022/ADM/34893	DEEPIKA KANWAR	34	43	44
11.	IISU/2022/ADM/35042	DHANISHTHA RATHORE	80	70	70
12.	IISU/2022/ADM/33801	DIMPLE SOLANKI	53	64	57
13.	IISU/2022/ADM/35008	DIVYA VERMA	55	49	50
14.	IISU/2022/ADM/34145	DIYA JAIN	29	41	47
15.	IISU/2022/ADM/34583	GATI BHATNAGAR	0	0	0
16.	IISU/2022/ADM/34616	HARMANPREET KAUR	50	46	48
17.	IISU/2022/ADM/33804	HARSHITA BHATIA	49	53	46
18.	IISU/2022/ADM/34400	HARSHITA BIJARNIA	54	46	49
19.	IISU/2022/ADM/34693	HARSHITA MODI	79	79	73
20.	IISU/2022/ADM/33993	JAYSHREE RATHORE	30	40	35
21.	IISU/2022/ADM/33759	JESIKA SHARMA	62	79	75
22.	IISU/2022/ADM/35070	JYOTI YADAV	74	66	68
23.	IISU/2022/ADM/33698	JYOTIRMAYEE RATHORE	78	72	79
24.	IISU/2022/ADM/33892	KANISHKA RATHORE	51	58	69
25.	IISU/2022/ADM/34754	KANISHKA SOLANKI	41	61	71
26.	IISU/2022/ADM/34890	KHUSHBU AITHANI	70	66	67
27.	IISU/2022/ADM/35015	KHUSHBU ASAWAT	35	55	55
28.	IISU/2022/ADM/34432	KHUSHI KUMAWAT	57	57	52
29.	IISU/2022/ADM/33908	KOMAL CHATURVEDI	83	74	67
30.	IISU/2022/ADM/34943	KOMAL MEENA	64	58	50
31.	IISU/2022/ADM/34853	KRITIKA CHOUDHARY	36	44	57
32.	IISU/2022/ADM/34126	KRITIKA SHARMA	33	43	42

33.	IISU/2022/ADM/33997	LAKSHITA RATHORE	68	61	57
34.	IISU/2022/ADM/33837	LAKSHITA RATHORE	63	58	60
35.	IISU/2022/ADM/34378	MADHU CHOUDHARY	58	55	58
36.	IISU/2022/ADM/34039	MAHIMA CHOUDHARY	52	52	46
37.	IISU/2022/ADM/35075	MANISHA PRAJAPAT	68	60	63
38.	IISU/2022/ADM/34486	MANSAVI	N.A.		
39.	IISU/2022/ADM/34289	MANSHI RAJAWAT	43	49	56
40.	IISU/2022/ADM/33831	MONISHA KAPOOR	22	31	44
41.	IISU/2022/ADM/34064	PARIDHI JHALANI	33	37	46
42.	IISU/2022/ADM/34324	PAXLIKA KUMAWAT	80	75	72
43.	IISU/2022/ADM/34919	POOJA CHOUDHARY	25	34	52
44.	IISU/2022/ADM/35087	POOJA JAT	55	55	70
45.	IISU/2023/ADM/35100	PRASHANSA JAIN	47	60	52
46.	IISU/2022/ADM/34959	PRINJAL SIHAG	51	46	59
47.	IISU/2022/ADM/35076	PRIYANKA KANWAR	49	49	67
48.	IISU/2022/ADM/35002	PRIYANSHI JODHA	48	41	63
49.	IISU/2022/ADM/34756	PURVI KHANDELWAL	15	22	46
50.	IISU/2022/ADM/35077	RITU SWAMI	65	57	75
51.	IISU/2022/ADM/33665	RIYA JAIN	79	75	77
52.	IISU/2022/ADM/34257	RIYA JAIN	29	32	57
53.	IISU/2022/ADM/34335	RIYA UPADHYAY	61	55	52
54.	IISU/2022/ADM/33682	SHANU JAIN	87	82	79
55.	IISU/2022/ADM/34918	SHREYASI KARNA	46	34	50
56.	IISU/2022/ADM/34965	SHRIYA SINGH	29	33	44
57.	IISU/2022/ADM/33869	SHRUTI VERMA	65	61	44
58.	IISU/2022/ADM/33953	SURBHI NEHRA	41	47	51
59.	IISU/2022/ADM/34455	TANISHA SHARMA	74	72	72
60.	IISU/2022/ADM/34279	TANUSHREE SHEKHAWAT	66	76	71
61.	IISU/2021/ADM/32350	TANVI SINGHVI	34	15	0
62.	IISU/2022/ADM/34304	VAISHALI PANWAR	51	56	46
63.	IISU/2022/ADM/34626	VANIKA CHOUDHARY	72	71	46
64.	IISU/2022/ADM/34574	VEDIKA SHARMA	60	70	65
65.	IISU/2022/ADM/33732	VRINDA AGRAWAL	60	52	56
66.	IISU/2022/ADM/34326	YASHILA JINDAL	32	48	42
67.	IISU/2022/ADM/34999	YOGITA BISHNOI	72	69	67



Dr. Renu Shungloo
Course Coordinator & Convener

**DEPARTMENT OF PHYSICAL EDUCATION
VALUE ADDED COURSE
CERTIFICATE OF COMPLETION**

This is to certify that Ms. BHAWNA SINGH has completed the
Value Added Course on "Certificate in Yoga and Stress Management"
organized by the Department of Physical Education held from 16th
Sept 2022 - 5th April 2023.



Dr. Renu Shungloo
Course Coordinator & Convener

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- *Khushby Asawat*

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation		✓			
4.	Regularity and Punctuality of Teachers			✓		
5.	Coverage of Syllabus	✓				
6.	Methodology		✓			
7.	Clarity in Developing Concepts	✓				
8.	Interaction					
9.	Individual Attention		✓			
10.	Outcomes	✓				

Signature *Khushoo*

Date *29/3/23*

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student:- Komal Meena

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology		✓			
7.	Clarity in Developing Concepts	✓				
8.	Interaction		✓			
9.	Individual Attention	✓				
10.	Outcomes		✓			

Komal
Signature
Date 29/3/23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student:- *Hanshika Modi*

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology		✓			
7.	Clarity in Developing Concepts	✓				
8.	Interaction		✓			
9.	Individual Attention	✓				
10.	Outcomes		✓			

Hanshika
Signature
Date *29/3/23*

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student:- Lakshita Rathore

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology		✓			
7.	Clarity in Developing Concepts	✓				
8.	Interaction		✓			
9.	Individual Attention	✓				
10.	Outcomes		✓			

Lakshita
Signature

Date 29/3/23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student: Vaishda

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content		✓			
2.	Skill Development	✓				
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology			✓		
7.	Clarity in Developing Concepts	✓		✓		
8.	Interaction	✓				
9.	Individual Attention			✓		
10.	Outcomes		✓			

Signature Vaishda

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student:- *Vedika Sharma*

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	<input checked="" type="checkbox"/>				
2.	Skill Development		<input checked="" type="checkbox"/>			
3.	Motivation	<input checked="" type="checkbox"/>				
4.	Regularity and Punctuality of Teachers		<input checked="" type="checkbox"/>			
5.	Coverage of Syllabus	<input checked="" type="checkbox"/>				
6.	Methodology		<input checked="" type="checkbox"/>			
7.	Clarity in Developing Concepts	<input checked="" type="checkbox"/>				
8.	Interaction		<input checked="" type="checkbox"/>			
9.	Individual Attention	<input checked="" type="checkbox"/>				
10.	Outcomes		<input checked="" type="checkbox"/>			

Vedika
Signature

Date *29/3/23*

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- Ankita Rath

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation	✓	✓			
4.	Regularity and Punctuality of Teachers	✓				
5.	Coverage of Syllabus		✓			
6.	Methodology	✓				
7.	Clarity in Developing Concepts		✓			
8.	Interaction	✓				
9.	Individual Attention		✓			
10.	Outcomes	✓				

Ankita
Signature

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- Arvi Sharma

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation			✓		
4.	Regularity and Punctuality of Teachers	✓				
5.	Coverage of Syllabus		✓			
6.	Methodology	✓				
7.	Clarity in Developing Concepts		✓			
8.	Interaction			✓		
9.	Individual Attention	✓				
10.	Outcomes	✓				

Signature Arvi

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- Dhanishtha Rathore

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology		✓			
7.	Clarity in Developing Concepts	✓				
8.	Interaction		✓			
9.	Individual Attention	✓				
10.	Outcomes		✓			

Dhanishtha
Signature

Date 29/3/23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student:- Kritika Sharma

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology			✓		
7.	Clarity in Developing Concepts		✓			
8.	Interaction	✓				
9.	Individual Attention			✓		
10.	Outcomes	✓				

Signature Kritika Sharma

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- Jyoti Yadav

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development				✓	
3.	Motivation	✓			✓	
4.	Regularity and Punctuality of Teachers			✓		
5.	Coverage of Syllabus		✓			
6.	Methodology			✓		
7.	Clarity in Developing Concepts	✓				
8.	Interaction			✓		
9.	Individual Attention	✓				
10.	Outcomes		✓			

Signature Jyoti Yadav

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- *Kamishka Rathore*

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation		✓			
4.	Regularity and Punctuality of Teachers	✓				
5.	Coverage of Syllabus		✓			
6.	Methodology	✓				
7.	Clarity in Developing Concepts	✓				
8.	Interaction		✓			
9.	Individual Attention	✓				
10.	Outcomes		✓			

Kamishka Rathore
Signature

Date *29/3/23*

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)
FEEDBACK FORM

Name of the Student:- Bhawana Singh

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content			✓		
2.	Skill Development	✓				
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus				✓	
6.	Methodology		✓			
7.	Clarity in Developing Concepts	✓				
8.	Interaction		✓			
9.	Individual Attention			✓		
10.	Outcomes	✓				

Signature Davna

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- Jesika Sharma

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓				
2.	Skill Development		✓			
3.	Motivation			✓		
4.	Regularity and Punctuality of Teachers	✓				
5.	Coverage of Syllabus		✓			
6.	Methodology		✓			
7.	Clarity in Developing Concepts			✓		
8.	Interaction	✓				
9.	Individual Attention		✓			
10.	Outcomes		✓		✓	

Signature Jesika

Date 29.3.23

IIS (Deemed To Be University)
Department of Physical Education
Value Added Course Yoga and Stress Management (2022-23)

FEEDBACK FORM

Name of the Student:- Chestha Vijay

S. No.	Description	RATINGS				
		Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Satisfactory (1)
1.	Course Content	✓		✓		
2.	Skill Development		✓			
3.	Motivation	✓				
4.	Regularity and Punctuality of Teachers		✓			
5.	Coverage of Syllabus	✓				
6.	Methodology			✓		
7.	Clarity in Developing Concepts		✓			
8.	Interaction		✓			
9.	Individual Attention	✓				
10.	Outcomes		✓			

Signature Chestha

Date 29.3.23