

Shoolini University

Spirituality and Meditation

	1 9:30 - 9:55	2 10:05 - 10:30	3 10:40 - 11:05	4 11:15 - 11:40	5 11:50 - 12:15	6 12:25 - 12:50	7 13:00 - 13:25	8 13:35 - 14:00	9 14:10 - 14:35	10 14:45 - 15:10	11 15:20 - 15:45	12 15:55 - 16:20	13 16:30 - 16:55	14 17:05 - 17:30
Mo														
Tu														
We								SS OE017 H - 701						
Th								SS OE017 H - 701						
Fr								SS OE017 H - 701						

Timetable generated:02-03-2021

Faculty:

Supriya Srivastava

Subjects:

OE017 Spirituality and Meditation

SS

Classrooms:

G - 302
G - 304
G - 401 Shoolini Radio
G - 501
G - 502
G - 503
G - 504
G - 702
G - 703
G - APJ
G - Panini E Studio
G - Vashishtha E Studio
H - 402
H - 502
H - 503
H - 701
H - Chanakya E Studio
H - Charaka E Studio
YKC - Studio 1
YKC - Studio 2

G - 302
G - 304
G - 401 Shoolini Radio
G - 501
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G - 702
G - 703
G - APJ
G - Panini E Studio
G - Vashishtha E Studio
H - 402
H - 502
H - 503
H - 701
H - Chanakya E Studio
H - Charaka E Studio
YKC - eUniv Studio 1
YKC - eUniv Studio 2

aSc Timetables

Course Name : Spirituality and Meditation

Hours: 3**Credits: 3****Course Description:**

The age old adage “A healthy mind resides in a healthy body” where health has both physical and mental connotations, is eternally pertinent irrespective of olden or modern days. The present course is foundation course that has been designed to provide the basis knowledge of spirituality, yoga and meditation to students. The course attempts to open the thought windows towards self-actualization, i.e., basic purpose of life. It prepares students for the integration of their physical, mental and spiritual faculties so that they become physically and mentally healthier, more responsible and more active contributors to the society. The more specifically teaches students how to achieve and maintain proper balance of mind, body and soul.

For the achievement of goals of life of students, the teachings on Karma Yoga, Bhakti Yoga, Raja Yoga and Kriya Yoga will be imparted through simple and lucid approaches on a conducive platform.

Course Content:**Unit-A: Life and Spirituality- Origin and Evolution**

- Origin of life, evolution, ascent and descent of man
- Concept of Yugas, geological ages and cosmic cycles
- Indian subcontinent- A home of spirituality
- The Aryans-The originators of Vedas and Upanishads
- Classification and different types of Yoga
- Lord Krishna, Patanjali- The masters of Yoga
- Case studies on miracles and its laws

Unit-B: Mind-Body Alignment

- Pranayam- A key to divine consciousness and physical fitness
- Concept of Body, Mind and Soul
- Human Body- A biological lab for consciousness
- Third Eye- Kuthasthya Chaitenya
- Comparison of Chakras with medical plexuses

Unit-C: Soul Consciousness

- Abode of Soul- Physical, Astral and Causal
- Different forms of Microcosm and Macrocosm
- Soul re-incarnation- Transmigration; Life after death
- Mind- Consciousness, sub-consciousness, super-consciousness and cosmic consciousness

Unit-D: Forms of Yoga

- Physical

- Pranayam
- Karm Yoga
- Bhakti Yoga
- Transcendental Yoga- Raj Yoga, Kriya Yoga
- Healing through meditation

Course Outcome:

1. Knowledge Outcome:

At the end of the course, the student should be able to:

- Understand what Yoga is and what is not.
- Appreciate concept of spirituality and its catholicity.
- Describe levels of consciousness and its proponents as Krishna and Patanjali.
- Explain concept of soul and its journey.
- Differentiate between Karma Yoga, Bhakti Yoga, Raja Yoga and Kriya Yoga.
- Understand laws of miracle and apply

2. Skill Outcome:

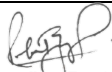
At the end of the course, the student should be able to:

- Describe the creation of Vedas and Upnishads.
- Explain contributions of Krishna and Patanjali in spirituality.
- Perform concentration exercises to overcome mental restlessness or inactivity.
- Practice, upto certain extent, the laws of miracle.
- Analyze the behavior of consumers in terms of demand for various products.
- Evaluate and choose the good from the bad.
- Analyze the totality of existence of life.
- Understand importance of Chakras and their applications.
- Perceive that laws of miracles are based on scientific foundations

Create powerful and attractive presentations by using various functionalities available in presentation software (MS-PowerPoint)

Spirituality and Meditation :OE017

Sr.No.	Student Name	Registration Number	Batch	Semester	Grade Awarded
1.	Queenchilu tayang	1714302004	B Tech FT 2017-2021	Seventh Semester	A+
2.	Alina Baxla	1714302008	B Tech FT 2017-2021	Seventh Semester	A
3.	shweta gupta	1714302016	B Tech FT 2017-2021	Seventh Semester	O
4.	ashita parmar	1714302018	B Tech FT 2017-2021	Seventh Semester	A
5.	Akul parmar	1714302019	B Tech FT 2017-2021	Seventh Semester	O
6.	Himanshu Thakur	1714303023	B Tech BT 2017-2021	Seventh Semester	A


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Management Sciences, Bajhol, Solan

7.	Jayanti	1814302006	B Tech FT 2018-2022	Fifth Semester	O
8.	Mitali Mishra	1811301004	B Sc BT 2018-2021	Fifth Semester	O
9.	Adarsh	1854302006	B Tech CSE 2018-2022	Fifth Semester	O
10.	Aman Kumar	1834301001	B Sc Chemistry 2018-2021	Fifth Semester	A
11.	prashant Sharma	1854302011	B Tech CSE 2018-2022	Fifth Semester	A
12.	Mahesh	1871301017	BBA 2018-2021	Fifth Semester	B+
13.	Ambika Sharma	1811301012	B Sc BT 2018-2021	Fifth Semester	O

14.	Anshul Thakur	1871301019	BBA 2018-2021	Fifth Semester	A+
15.	Pooja Sharma	1811301014	B Sc BT 2018-2021	Fifth Semester	A
16.	Tanuj Sharma	1871305006	B Com 2018-2021	Fifth Semester	P
17.	Rahul Kohli	1871306004	B Sc Hospitality and Hotel Administration 2018-2021	Fifth Semester	A+
18.	Digvijay guleria	1811301024	B Sc BT 2018-2021	Fifth Semester	O
19.	Disha Sharma	1871303003	BA Economics 2018- 2021	Fifth Semester	A+
20.	Ishika	1871301032	BBA 2018-2021	Fifth Semester	A+

21.	Santhana Gopalakrishnan	1811301026	B Sc BT 2018-2021	Fifth Semester	O
22.	Sushmita chobhiyal	1871305047	B Com 2018-2021	Fifth Semester	A+
23.	Prerna	1811301033	B Sc BT 2018-2021	Fifth Semester	A
24.	Raghav Singh	1871301041	BBA 2018-2021	Fifth Semester	B+
25.	Shikha	1871301045	BBA 2018-2021	Fifth Semester	A+
26.	Lakshya Dayma	1854305001	B Tech IT 2018-2022	Fifth Semester	A+
27.	Abhishek	1854303003	B Tech EE 2018- 2022	Fifth Semester	O

28.	Vikas	1854302025	B Tech CSE 2018-2022	Fifth Semester	A+
29.	Priyam Sharma	1854302036	B Tech CSE 2018-2022	Fifth Semester	O
30.	Saurav Chauhan	1854305003	B Tech IT 2018-2022	Fifth Semester	O
31.	Aaina Rekta	1871305030	B Com 2018-2021	Fifth Semester	A
32.	Sakshi	1871305032	B Com 2018-2021	Fifth Semester	O
33.	Simran	1871305035	B Com 2018-2021	Fifth Semester	O
34.	Aditya Thakur	1871305039	B Com 2018-2021	Fifth Semester	B+

35.	MANASHI DEVI	1811302021	B Sc Micro 2018-2021	Fifth Semester	A+
36.	SHAINA SHARMA	1811302024	B Sc Micro 2018-2021	Fifth Semester	O
37.	Harman Singh	1871301051	BBA 2018-2021	Fifth Semester	B+
38.	Rohini	1871305044	B Com 2018-2021	Fifth Semester	A+
39.	Umesh Kumar	1871306015	B Sc Hospitality and Hotel Administration 2018-2021	Fifth Semester	O
40.	Tanish Tripathi	1814302023	B Tech FT 2018-2022	Fifth Semester	A+
41.	Shubham Sharma	1854302054	B Tech CSE 2018-2022	Fifth Semester	B+

42.	Anubhav Maharana	1954304002	B Tech EE 2019-2023	Third Semester	A
43.	Abhay Sood	1971304001	BA Journalism and Mass Communication 2019-2022	Third Semester	A
44.	Bhanu Pratap Solanki	1931301001	B Sc Zoology 2019-2022	Third Semester	A
45.	Mridul Sharma	1971306001	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	A
46.	Vishal Thakur	1954302008	B Tech CSE 2019-2023	Third Semester	A
47.	Abhishek Negi	1951304004	B Tech ME 2019-2023	Third Semester	A+
48.	Ishu Chauhan	1951304007	B Tech ME 2019-2023	Third Semester	O

49.	Preeti Kanwar	1971305009	B Com 2019-2022	Third Semester	A+
50.	Divyaman Hada	1931301003	B Sc Zoology 2019-2022	Third Semester	A
51.	Mamta Thakur	1937302004	B Sc Mathematics 2019- 2022	Third Semester	A
52.	Kartik Dhawan	1911301009	B Sc BT 2019-2022	Third Semester	A+
53.	Arpit Kumar	1911301011	B Sc BT 2019-2022	Third Semester	B+
54.	Samridh Sandal	1951304009	B Tech ME 2019-2023	Third Semester	A+
55.	Sanskriti dey	1911301013	B Sc BT 2019-2022	Third Semester	O

56.	Anchal Mehra	1971305018	B Com 2019-2022	Third Semester	B+
57.	Akshansh Rana	1951304012	B Tech ME 2019-2023	Third Semester	A+
58.	Mehul Verma	1911302009	B Sc Micro 2019-2022	Third Semester	A
59.	Abhinav	1931301006	B Sc Zoology 2019-2022	Third Semester	A
60.	Hiteshi	1971301025	BBA 2019-2022	Third Semester	B+
61.	Muskan	1911301018	B Sc BT 2019-2022	Third Semester	O
62.	Akash Mathur	1971306013	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	A

63.	Rohit Gautam	1971301028	BBA 2019-2022	Third Semester	A
64.	Sheetal Jaswal	1914302014	B Tech FT 2019-2023	Third Semester	O
65.	Diksha	1971301032	BBA 2019-2022	Third Semester	A+
66.	Dhriti Mehta	1971307007	B Sc Yoga 2019-2022	Third Semester	O
67.	Isha Thapa	1971305029	B Com 2019-2022	Third Semester	A+
68.	Shruti Singh	1931302004	B Sc Botany 2019-2022	Third Semester	O
69.	Priyanka Kalsi	1954302047	B Tech CSE 2019-2023	Third Semester	A

70.	Deepak Kaushik	1951304014	B Tech ME 2019-2023	Third Semester	B+
71.	Prachi Sharma	1911301028	B Sc BT 2019-2022	Third Semester	A
72.	Lekh Raj	1914301007	B Sc FT 2019-2022	Third Semester	A
73.	Shaniya	1914303040	B Tech BT 2019-2023	Third Semester	O
74.	Nitish Kumar	1954302052	B Tech CSE 2019-2023	Third Semester	O
75.	Aryan Bharanta	1911301031	B Sc BT 2019-2022	Third Semester	A
76.	Amit Kumar	1911301032	B Sc BT 2019-2022	Third Semester	A

77.	Prabhat	1911301033	B Sc BT 2019-2022	Third Semester	O
78.	Abhishek Dhiman	1911301034	B Sc BT 2019-2022	Third Semester	A+
79.	Payal Nawadiya	1931301011	B Sc Zoology 2019-2022	Third Semester	A+
80.	Manish Kumar	1914301009	B Sc FT 2019-2022	Third Semester	A+
81.	Ankita Chauhan	1914303044	B Tech BT 2019-2023	Third Semester	A
82.	Jatin Thakur	1914302020	B Tech FT 2019-2023	Third Semester	O
83.	Vinay Garliyal	1911301039	B Sc BT 2019-2022	Third Semester	O

84.	Rachna Kumari	1971307012	B Sc Yoga 2019-2022	Third Semester	A+
85.	Rishabh	1911301041	B Sc BT 2019-2022	Third Semester	O
86.	Rajat Sharma	1954302071	B Tech CSE 2019-2023	Third Semester	A
87.	Vaibhav Gandhi	1954302073	B Tech CSE 2019-2023	Third Semester	O
88.	Tarun Dhauta	1954302074	B Tech CSE 2019-2023	Third Semester	O
89.	Kanika Rana	1954302075	B Tech CSE 2019-2023	Third Semester	A+
90.	Abhishek Bansal	1954302078	B Tech CSE 2019-2023	Third Semester	A+

91.	Tilak Raj	1951304016	B Tech ME 2019-2023	Third Semester	A
92.	Nishita	1971301055	BBA 2019-2022	Third Semester	A+
93.	Yuvraj Chaudhary	1914302036	B Tech FT 2019-2023	Third Semester	O
94.	Anshika Bhatti	1914302039	B Tech FT 2019-2023	Third Semester	O
95.	Aastha Jaswal	1914302047	B Tech FT 2019-2023	Third Semester	A+
96.	Vibhuti Mehta	1971301056	BBA 2019-2022	Third Semester	B+
97.	Anshul Sharma	1971301062	BBA 2019-2022	Third Semester	A

98.	Parth Sanjay	1951304018	B Tech ME 2019-2023	Third Semester	B+
99.	Harshit Gupta	1951304020	B Tech ME 2019-2023	Third Semester	O
100.	Gitainder Kumar	1914301017	B Sc FT 2019-2022	Third Semester	B+
101.	Diyansh Rao	1954302090	B Tech CSE 2019-2023	Third Semester	A+
102.	Rohit Thakur	1914302051	B Tech FT Agriculture 2019-2023	Third Semester	B+
103.	Ishit Chauhan	1971301063	BBA 2019-2022	Third Semester	O
104.	Tamanna Chauhan	1911301051	B Sc BT 2019-2022	Third Semester	A+

105.	Vivek Joshi	1951302012	B Tech Civil 2018-2022	Fifth Semester	A+
106.	Dixant Vardhan	1951302013	B Tech Civil 2018-2022	Fifth Semester	A
107.	Abhay Parihar	1971306033	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	B+
108.	Saurav	1954302101	B Tech CSE 2019-2023	Third Semester	O
109.	Shreyanshi Dogra	1911301058	B Sc BT 2019-2022	Third Semester	B+
110.	Riya	1954302104	B Tech CSE 2019-2023	Third Semester	A+
111.	Aryan	1954302107	B Tech CSE 2019-2023	Third Semester	A+

112.	Kumar Utkarsh	1911302028	B Sc Micro 2019-2022	Third Semester	B+
113.	Budhi Sambyo	1971301072	BBA 2019-2022	Third Semester	A
114.	Mohit Sharma	1971301073	BBA 2019-2022	Third Semester	B+
115.	Rohan	1951302009	B Tech Civil 2019-2023	Third Semester	A+
116.	Dikshita Thakur	1954302111	B Tech CSE 2019-2023	Third Semester	A
117.	Himani Sharma	1914301021	B Sc FT 2019-2022	Third Semester	B+
118.	Prapti Mehta	1971307026	B Sc Yoga 2019-2022	Third Semester	B+

119.	Anushka Shom	1937302016	B Sc Mathematics 2019- 2022	Third Semester	A
120.	Aditya Sharma	1954304021	B Tech EE 2018- 2022	Fifth Semester	A+

Spirituality and Meditation :OE017

Sr.No.	Student Name	Registration Number	Batch	Semester	Grade Awarded
1.	Arvind chauhan	1654302044	B Tech CSE 2017-2021	Eight Semester	B+
2.	Vardhman	1754302020	B Tech CSE 2017-2021	Eight Semester	A
3.	Rajat	1754302022	B Tech CSE 2017-2021	Eight Semester	B+
4.	Sachin Lather	1754302049	B Tech CSE 2017-2021	Eight Semester	O
5.	Punit Sharma	1751302019	B Tech Civil 2017-2021	Eight Semester	B+
6.	Manjot Singh	1714303022	B Tech FT 2017-2021	Eight Semester	A
7.	Atul Kumar	1714303027	B Tech BT 2017-2021	Eight Semester	B+
8.	Kiran Thakur	1714303042	B Tech BT 2017-2021	Eight Semester	A+

9.	Abhishek Negi	1851302006	B Tech Civil 2017-2021	Eight Semester	A+
10.	Gourav	1814302003	B Tech FT 2018-2022	Sixth Semester	O
11.	Rajat Sharma	1814302004	B Tech FT 2018-2022	Sixth Semester	O
12.	Shagun Kaushal	1831302002	B Sc Chemistry 2018-2021	Sixth Semester	A+
13.	abhishek sharma	1854302010	B Tech CSE 2018-2022	Sixth Semester	B+
14.	Sarthak Bhardwaj	1871301015	BBA 2018-2021	Sixth Semester	O
15.	Sheenam Vashisth	1871305007	B Com 2018-2021	Sixth Semester	O
16.	Nand kishor	1851302014	B Tech Civil 2018-2022	Sixth Semester	A
17.	sahil	1814302014	B Tech FT 2018-2022	Sixth Semester	O
18.	mohit	1814302017	B Tech FT 2018-2022	Sixth Semester	O

19.	Anuj Sharma	1814302019	B Tech FT 2018-2022	Sixth Semester	O
20.	Shruti Rana	1871305011	B Com 2018-2021	Sixth Semester	A
21.	Anmol Thakur	1834301005	B Sc Chemistry 2018-2021	Sixth Semester	O
22.	Ankan	1814303016	B Tech BT 2018-2022	Sixth Semester	A+
23.	Vishakha Sharma	1871301044	BBA 2018-2021	Sixth Semester	B+
24.	neha malik	1811301037	B Sc BT 2018-2021	Sixth Semester	F
25.	Sidharth	1871301048	BBA 2018-2021	Sixth Semester	A
26.	Sakshi Goyal	1871305023	B Com 2018-2021	Sixth Semester	O
27.	Tushar Thakur	1854302045	B Tech CSE 2018-2022	Sixth Semester	A+
28.	Shikha Pathania	1831301005	B Sc Zoology 2018-2021	Sixth Semester	O

29.	Minkush Pal	1871307008	B Sc Yoga 2018-2021	Sixth Semester	A+
30.	Suruchi Mishra	1871307009	B Sc Yoga 2018-2021	Sixth Semester	A+
31.	Abhimanyu Ghosh	1871307010	B Sc Yoga 2018-2021	Sixth Semester	B
32.	Ishani Sharma	1831302014	B Sc Botany 2018-2021	Sixth Semester	O
33.	Sudhanshu Chhajta	1814302027	B Tech FT 2018-2022	Sixth Semester	A
34.	Yatin Tomer	1854302056	B Tech CSE 2018-2022	Sixth Semester	O
35.	Pankaj Thakur	1854302057	B Tech CSE 2018-2022	Sixth Semester	O
36.	Prithvi raj Singh	1871304007	BA Journalism and Mass Communication 2018-2021	Sixth Semester	B+
37.	Manish Sharma	1871301057	BBA 2018-2021	Sixth Semester	A+
38.	Alisha Thakur	1831301010	B Sc Zoology 2018-2021	Sixth Semester	O

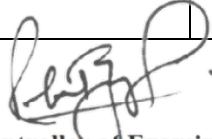
39.	Chetali	1871302013	BA English 2018-2021	Sixth Semester	O
40.	Anish Chauhan	1851302058	B Tech Civil 2017-2021	Eight Semester	O
41.	Shakti Sharma	1871307014	B Sc Yoga 2018-2021	Sixth Semester	A
42.	Bhawana Baliyan	1871307015	B Sc Yoga 2018-2021	Sixth Semester	A+
43.	Diksha Choudhary	1871307016	B Sc Yoga 2018-2021	Sixth Semester	A
44.	Mudassir Nawabi	1871305051	B Com 2018-2021	Sixth Semester	A
45.	Akhil Bhaworia	1934301001	B Sc Chemistry 2019-2022	Fourth Semester	B+
46.	Samrat Gupta	1954302005	B Tech CSE 2019-2023	Fourth Semester	A+
47.	Anshu Verma	1971302003	BA English 2019-2022	Fourth Semester	B
48.	Muskan Verma	1971305013	B Com 2019-2022	Fourth Semester	A+

49.	Mitali Gupta	1914303020	B Tech BT 2019-2023	Fourth Semester	A
50.	Aril Attri	1934301003	B Sc Chemistry 2019-2022	Fourth Semester	A
51.	Nikhil Chandla	1937301005	B Sc Physics 2019-2022	Fourth Semester	B+
52.	Shivam Thakur	1937302006	B Sc Mathematics 2019-2022	Fourth Semester	O
53.	Rajan Vaid	1971301033	BBA 2019-2022	Fourth Semester	A
54.	Ranjeet Mishra	1971301035	BBA 2019-2022	Fourth Semester	B
55.	Ashok Pundir	1951302004	B Tech Civil 2018-2022	Sixth Semester	O
56.	Dikshant Malhotra	1914302019	B Tech FT Agriculture 2019-2023	Fourth Semester	O
57.	Nikhil	1934301004	B Sc Chemistry 2019-2022	Fourth Semester	A+
58.	Akanksha Kumari	1971307019	B Sc Yoga 2019-2022	Fourth Semester	A+

59.	Aditya Dhiman	1911302023	B Sc Micro 2019-2022	Fourth Semester	O
60.	Neelam Semwal	1914302050	B Tech FT Agriculture 2019-2023	Fourth Semester	O
61.	Achal	1971305048	B Com 2019-2022	Fourth Semester	B+
62.	Mohit Rana	1971305049	B Com 2019-2022	Fourth Semester	B+
63.	Tanuj Kumar	1971304024	BA Journalism and Mass Communication 2019-2022	Fourth Semester	B
64.	Anshil Verma	1914303070	B Tech BT 2019-2023	Fourth Semester	B+
65.	Akshay Kalthaik	1954304020	B Tech EE 2019-2023	Fourth Semester	O
66.	Kritika Awasthi	1934301010	B Sc Chemistry 2019-2022	Fourth Semester	O
67.	Yashpreet Jhagta	1931301021	B Sc Zoology 2019-2022	Fourth Semester	O
68.	Ratandeep Soni	1914306012	B Tech FT Agriculture 2019-2023	Fourth Semester	A+

69.	Ritik Gautam	1937301014	B Sc Physics 2019-2022	Fourth Semester	B+
70.	Shaifali Thakur	GF/2020/2668	B Tech EE 2020-2024	Second Semester	A
71.	Sakshi Sharma	GF/2020/1979	B Sc Chemistry 2020-2023	Second Semester	A+
72.	Yashasvi	GF/2020/2451	B Sc Mathematics 2020-2023	Second Semester	A
73.	Ridhi Chaudhary	GF/2020/2805	B Tech FT 2019-2023	Fourth Semester	B+
74.	Urvashi	GF/2020/872	B Sc Chemistry 2020-2023	Second Semester	O
75.	Vardan Sharma	GF/2020/2456	B Sc FT 2020-2023	Second Semester	B
76.	Suryaansh	GF/2020/4863	BBA 2020-2023	Second Semester	B+
77.	Inder dev singh Thakur	GF/2020/6651	B Sc Yoga 2020-2023	Second Semester	O
78.	Diya	GF/2020/6753	B Tech CSE Artificial Intelligence and Machine Learning 2020-2024	Second Semester	A+

79.	Yatish Sharma	GF/2020/5395	B Sc Mathematics 2020-2023	Second Semester	B+
80.	Surya Shandilya	GF/2020/7333	BBA 2020-2023	Second Semester	O


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Yoga for Wellness

	1 9:30 - 9:55	2 10:05 - 10:30	3 10:40 - 11:05	4 11:15 - 11:40	5 11:50 - 12:15	6 12:25 - 12:50	7 13:00 - 13:25	8 13:35 - 14:00	9 14:10 - 14:35	10 14:45 - 15:10	11 15:20 - 15:45	12 15:55 - 16:20	13 16:30 - 16:55	14 17:05 - 17:30
Mo														
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We									SK OE068 H - 402					
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Timetable generated:02-03-2021

Faculty:

Sumit Kumar

Subjects:

OE068

Yoga for Wellness

SK

Classrooms:

- G - 302
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aSc Timetables

Subject Name: Yoga and Wellness

Subject Code: OE068

Objectives:

The above programme has been designed with the following objectives

- I. To give an introduction of the concept of wellness.
- II. To give an understanding of wellness and illness with reference to the yoga
- III. To give a basic knowledge of Yoga as preventive health care

Unit A Introduction of Yoga and Wellness

Wellness: definitions and dimensions,
Introduction to Yoga and its relevance in modern times,
Yogic concepts of wellness to illness
Principles of Yoga for health and Wellness
Guiding principles to be followed by Yoga practitioners

Unit B Role of Yoga for Wellness

Role of diet and sleep in wellness
Role of Yoga in physical dimension of wellness
Role of Yoga in mental dimension of wellness
Role of Yoga in lifestyle modifications,
Ashtanga Yoga for wellness

Unit - C Yoga for Wellness (Practical-I)

Importance of mass prayer and meditation in wellbeing
Recitation of Pranav,
Recitation of Hymns,
Selected universal prayers & invocations and Nishpatti Bhava,
Kapalbhati
Neck Rotation I & II, Shoulder Rotation, Exercises for Chest

Unit –D Yoga for Wellness (Practical-I)

Tadasana, Hastottanasana, Kati Chakrasana
Ardha Chakrasana, Padahasthasana, Vrikshasana
Dandasana, Sukhasana, Padmasana, Vajarasana
Sectional Breathing, Yogic Deep Breathing, Abdominal Breathing, Chest Breathing Anulmoa Viloma, Bhramari (Without Kumbhaka) and Meditation

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1. Bhogal, R. S. : **Yoga & Mental Health and beyond**,
ACE Enterprises, Madhu Rajnagar, Pune Road,
Pune, 2010
2. Dr. M.L. Gharote : **Applied Yoga**, ACE Enterprises, Madhu
Rajnagar, Pune Road, Pune, 2010.
3. Nagendra H. : **New perspectives in stress management**,
R. and
Nagarathna, R. Vivekananda Kendra, Yoga Anusandhana
Sansthan, Bangalore, 1998.
4. Prof. Ram : **Yoga and Yogic Therapy**
Harsh Singh Chaukhambha Subharati Publishers, Varanasi,
2011
5. K. N. Udupa : **Stress and its Management by Yoga**,
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6. Sachdeva, I.P : **Yoga and depth Psychology**,
Motilal Banarsidass, Delhi 1978.
7. Basavaraddi : **How to Manage Stress through Yoga.**
I.V., Kandhan MDNIY, New Delhi 2016.
S. Lakshmi
and Rai
Priyanka :

Yoga for Wellness:OE068					
Sr.No.	Student Name	Registration Number	Batch	Semester	Grade Awarded
1	Jyoti Sharma	1754302002	B Tech CSE 2017-2021	Seventh Semester	A+
2	Rajat Dahiya	1754302008	B Tech CSE 2017-2021	Seventh Semester	A+
3	Gaurav Vohra	1754302013	B Tech CSE 2017-2021	Seventh Semester	A+
4	Nikhil	1754302019	B Tech CSE 2017-2021	Seventh Semester	B+
5	Deepali	1754302026	B Tech CSE 2017-2021	Seventh Semester	A
6	kushal	1754302038	B Tech CSE 2017-2021	Seventh Semester	A+
7	saurav Thakur	1751302007	B Tech Civil 2017-2021	Seventh Semester	C
8	Tsajungli	1751302008	B Tech Civil 2017-2021	Seventh Semester	A
9	Akshay Sharma	1714302011	B Tech FT 2017-2021	Seventh Semester	B+
10	sambhawna Goswami	1714302017	B Tech FT 2017-2021	Seventh Semester	A
11	kamal sharma	1754302043	B Tech CSE 2017-2021	Seventh Semester	A
12	Abhishek Rolak	1754302044	B Tech CSE 2017-2021	Seventh Semester	A
13	Palkin Gupta	1754302045	B Tech CSE 2017-2021	Seventh Semester	A
14	Anuja Thakur	1714303005	B Tech BT 2017-2021	Seventh Semester	A
15	mohit dogra	1751302018	B Tech Civil 2017-2021	Seventh	C

				Semester	
16	Charu Kanwar	1754302047	B Tech CSE 2017-2021	Seventh Semester	A+
17	Dhriti	1754302048	B Tech CSE 2017-2021	Seventh Semester	A
18	Sahil Baglat	1754302053	B Tech CSE 2017-2021	Seventh Semester	A
19	Ananya Dwiwedi	1714305006	B Tech BT SRP 2017-2021	Seventh Semester	A
20	Ruchi	1714303016	B Tech BT 2017-2021	Seventh Semester	A
21	Armanika Sagar	1714303030	B Tech BT 2017-2021	Seventh Semester	A
22	Nimish Kappal	1754305002	B Tech IT 2017-2021	Seventh Semester	A+
23	Ishan Chandra	1714302022	B Tech FT 2017-2021	Seventh Semester	A
24	Neeraj Jaswal	1714303036	B Tech BT 2017-2021	Seventh Semester	A
25	Warsha Koul	1714303037	B Tech BT 2017-2021	Seventh Semester	A
26	Kaniksha Chadha	1714302023	B Tech FT 2017-2021	Seventh Semester	A
27	Sahil Jasyal	1714302024	B Tech FT 2017-2021	Seventh Semester	B+
28	Ashish Sharma	1754303009	B Tech ECE 2017-2021	Seventh Semester	A
29	Tanbi Parmar	1714303040	B Tech BT 2017-2021	Seventh Semester	A
30	Tarik Hussain	1754302062	B Tech CSE 2017-2021	Seventh Semester	A+
31	Angat Singh	1814303007	B Tech FT 2018-2022	Fifth	B+

				Semester	
32	Manav	1851302012	B Tech Civil 2018-2022	Fifth Semester	B+
33	Pema Lethro	1851302017	B Tech Civil 2018-2022	Fifth Semester	B
34	Mukul Kapoor	1871301025	BBA 2018-2021	Fifth Semester	B
35	Shitanshu	1811301021	B Sc BT 2018-2021	Fifth Semester	C
36	Abhishek Chambial	1851302020	B Tech Civil 2018-2022	Fifth Semester	B
37	Dikshita Malpani	1871305017	B Com 2018-2021	Fifth Semester	A+
38	Muskan Thakur	1811301041	B Sc BT 2018-2021	Fifth Semester	B+
39	Anjali Rawat	1871305024	B Com 2018-2021	Fifth Semester	A+
40	Ritika Kashyap	1854302023	B Tech CSE 2018-2022	Fifth Semester	A+
41	Aman Sharma	1854302033	B Tech CSE 2018-2022	Fifth Semester	A+
42	Suryansh Sharma	1854302038	B Tech CSE 2018-2022	Fifth Semester	A
43	Vaibhav Chauhan	1854302040	B Tech CSE 2018-2022	Fifth Semester	B+
44	Hitesh Kumar	1854302042	B Tech CSE 2018-2022	Fifth Semester	B+
45	Niharika	1814301003	B Sc FT 2018-2021	Fifth Semester	A
46	Firdos	1871305040	B Com 2018-2021	Fifth Semester	A+
47	Tushar Thakur	1854302045	B Tech CSE 2018-2022	Fifth	B+

				Semester	
48	Shivashish Rawat	1871307004	B Sc Yoga 2018-2021	Fifth Semester	A
49	Manik Mahajan	1814303050	B Tech BT 2018-2022	Fifth Semester	A
50	Hrithik Thakur	1871301054	BBA 2018-2021	Fifth Semester	C
51	Suraj Nautiyal	1854302055	BA English 2019-2022	Third Semester	B+
52	Pankaj Thakur	1854302057	B Tech CSE 2018-2022	Fifth Semester	A
53	Chetali	1871302013	BA English 2018-2021	Fifth Semester	A+
54	Manjeet	1851302043	B Tech Civil 2017-2021	Seventh Semester	B
55	Bhavya	1871301059	BBA 2019-2022	Third Semester	C
56	Aakanksha Thakur	1971301005	BBA 2019-2022	Third Semester	A+
57	Lovnish Batra	1937301001	B Sc Physics 2019-2022	Third Semester	B
58	Sakshi Wadhwa	1971302004	BA English 2019-2022	Third Semester	A
59	Arun Kumar	1954304004	B Tech EE 2019-2023	Third Semester	A
60	Shiv Garg	1971301010	BBA 2019-2022	Third Semester	A
61	Swati Gupta	1971301014	BBA 2019-2022	Third Semester	A
62	Vishal Thakur	1954302015	B Tech CSE 2019-2023	Third Semester	A+
63	Shivam	1954302018	B Tech CSE 2019-2023	Third	A+

	Mandyal			Semester	
64	Abhiraj Ranjan	1971301022	BBA 2019-2022	Third Semester	A
65	Omansh Kothari	1954302020	B Tech CSE 2019-2023	Third Semester	A+
66	Aman	1954302021	B Tech CSE 2019-2023	Third Semester	A+
67	Pankaj	1954302022	B Tech CSE 2019-2023	Third Semester	A+
68	Sagar	1951304010	B Tech ME 2019-2023	Third Semester	B
69	Durgesh Upadhyaya	1951304011	B Tech ME 2019-2023	Third Semester	A
70	Mitali Gupta	1914303020	B Tech BT 2019-2023	Third Semester	A
71	Aakash Goyal	1971301023	BBA 2019-2022	Third Semester	B+
72	Sahil Thakur	1971301024	BBA 2019-2022	Third Semester	B+
73	Akshat Thakur	1954302024	B Tech CSE 2019-2023	Third Semester	A
74	Prashant Negi	1971301029	BBA 2019-2022	Third Semester	B
75	Aashina Shaw	1971305028	B Com 2019-2022	Third Semester	A
76	Krishang Sharma	1971301037	BBA 2019-2022	Third Semester	B+
77	Jatin Kapoor	1971305031	B Com 2019-2022	Third Semester	A
78	Abhishek Thakur	1954302046	B Tech CSE 2019-2023	Third Semester	B+
79	Ashish Yadav	1971301040	BBA 2019-2022	Third	A

				Semester	
80	Simran Raghuvanshi	1971305033	B Com 2019-2022	Third Semester	A
81	Aditya Devpriya	1971301042	BBA 2019-2022	Third Semester	B
82	Riya	1954302051	B Tech CSE 2019-2023	Third Semester	A+
83	Haren	1971306018	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	B
84	Hanshul Chandel	1954302066	B Tech CSE 2019-2023	Third Semester	A
85	Raju Sahani	1954302067	B Tech CSE 2019-2023	Third Semester	B
86	Lovish	1971301046	BBA 2019-2022	Third Semester	B
87	Prajwal Sharma	1971305045	B Com 2019-2022	Third Semester	B+
88	Vishal Kumar	1971302015	BA English 2019-2022	Third Semester	C
89	Pankaj	1971304021	BA Journalism and Mass Communication 2019-2022	Third Semester	A
90	Manish Raj Malik	1971304022	BA Journalism and Mass Communication 2019-2022	Third Semester	B+
91	Adarsh Singh	1951304021	B Tech ME 2019-2023	Third Semester	A+
92	Mohit Thakur	1954302094	B Tech CSE 2019-2023	Third Semester	B+
93	Yash	1971301065	BBA 2019-2022	Third Semester	A+
94	Manish Negi	1971305046	B Com 2019-2022	Third	A

				Semester	
95	Kiran	1954302097	B Tech CSE 2019-2023	Third Semester	A+
96	Neeraj Thakur	1954304019	B Tech EE 2019-2023	Third Semester	A
97	Pankaj Paul	1971301069	BBA 2019-2022	Third Semester	B
98	Ajeet Pundir	1971305053	B Com 2019-2022	Third Semester	A
99	Prikshit Burfaik	1971305054	B Com 2019-2022	Third Semester	B
100	Monika Semwal	1971305055	B Com 2019-2022	Third Semester	A
101	Abhishek Chauhan	1951304026	B Tech ME 2019-2023	Third Semester	B
102	Surya Prakash Sharma	1954302110	B Tech CSE 2019-2023	Third Semester	A+
103	Kashish	1971301077	BBA 2019-2022	Third Semester	B+
104	Shivam	1951302022	B Tech Civil 2019-2023	Third Semester	B
105	Vijay Singh	1971306042	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	B+
106	Divesh Sharma	1971301081	BBA 2019-2022	Third Semester	B
107	Vishal Chouhan	1971307028	B Sc Yoga 2019-2022	Third Semester	P

Yoga for Wellness:OE068

Sr.No.	Student Name	Registration Number	Batch	Semester	Grade Awarded
1.	Sachin Gupta	1754302009	B Tech CSE 2017-2021	Eight Semester	A
2.	Shaksham	1754302024	B Tech CSE 2017-2021	Eight Semester	F
3.	Ashish Sharma	1754302032	B Tech CSE 2017-2021	Eight Semester	F
4.	Amitosh Kumar	1751304016	B Tech ME 2017-2021	Eight Semester	A
5.	Sumit	1751304017	B Tech ME 2017-2021	Eight Semester	A+
6.	Saurav Chauhan	1751304018	B Tech ME 2017-2021	Eight Semester	A+
7.	Yadhuveer Singh Thakur	1751304019	B Tech ME 2017-2021	Eight Semester	A
8.	Jatin Shandilya	1751304026	B Tech ME 2017-2021	Eight Semester	A+
9.	kanika	1714302003	B Tech FT 2017-2021	Eight Semester	A+

10.	Kanak Sharma	1714302010	B Tech FT 2017-2021	Eight Semester	A
11.	arti sharma	1751302017	B Tech Civil 2017-2021	Eight Semester	A
12.	Robin Singh	1751304028	B Tech ME 2017-2021	Eight Semester	O
13.	Vivek Thakur	1751304034	B Tech ME 2017-2021	Eight Semester	A+
14.	Rahul Verma	1754302051	B Tech CSE 2017-2021	Eight Semester	F
15.	Akhil Josh	1754302052	B Tech CSE 2017-2021	Eight Semester	A
16.	Rashika Saproo	1714303024	B Tech BT 2017-2021	Eight Semester	A+
17.	Shubham	1714303025	B Tech BT 2017-2021	Eight Semester	A+
18.	Shaurya Bahuguna	1754305001	B Tech IT 2017-2021	Eighth Semester	A+
19.	Konika	1714303041	B Tech BT 2017-2021	Eight Semester	O

20.	Deepika Sharma	1814303001	B Tech FT 2018-2022	Sixth Semester	A+
21.	Dikshant Chauhan	1854302005	B Tech CSE 2018-2022	Sixth Semester	A
22.	Adarsh	1854302006	B Tech CSE 2018-2022	Sixth Semester	O
23.	prashant Sharma	1854302011	B Tech CSE 2018-2022	Sixth Semester	A+
24.	ashish	1854302012	B Tech CSE 2018-2022	Sixth Semester	A+
25.	Pavarshi	1871301011	BBA 2018-2021	Sixth Semester	A+
26.	abhishek Verma	1854302016	B Tech CSE 2018-2022	Sixth Semester	B+
27.	Yukti Sharma	1871301016	BBA 2018-2021	Sixth Semester	A+
28.	Anshul Thakur	1871301019	BBA 2018-2021	Sixth Semester	B+
29.	Himanshu Sharma	1851304011	B Tech ME 2018-2022	Sixth Semester	A+

30.	Prabal Dutta	1814302008	B Tech FT 2018-2022	Sixth Semester	A
31.	Mohit Tanwar	1851304012	B Tech ME 2018-2022	Sixth Semester	A+
32.	Vishal Diwan	1851304015	B Tech ME 2018-2022	Sixth Semester	O
33.	Anmol Thakur	1814302010	B Tech FT 2018-2022	Sixth Semester	A
34.	Sahil Chaudhary	1851304019	B Tech ME 2018-2022	Sixth Semester	A+
35.	Rakshit jaswal	1871301023	BBA 2018-2021	Sixth Semester	A+
36.	prachi sharma	1814302013	B Tech FT 2018-2022	Sixth Semester	A+
37.	Bhuvnesh Thakur	1871304001	BA Journalism and Mass Communication 2018- 2021	Sixth Semester	B+
38.	Rashi	1814302018	B Tech FT 2018-2022	Sixth Semester	A+
39.	Poonam	1811302012	B Sc Micro 2018-2021	Sixth Semester	A

40.	Kusum	1811302013	B Sc Micro 2018-2021	Sixth Semester	A
41.	Tanu Mehta	1871301033	BBA 2018-2021	Sixth Semester	A+
42.	Nitin Negi	1811301030	B Sc BT 2018-2021	Sixth Semester	B+
43.	Lakshya Dayma	1854305001	B Tech IT 2018-2022	Sixth Semester	A
44.	Lakshay Chandel	1854302019	B Tech CSE 2018-2022	Sixth Semester	A+
45.	Vikas	1854302025	B Tech CSE 2018-2022	Sixth Semester	A+
46.	Sahil	1854302034	B Tech CSE 2018-2022	Sixth Semester	A+
47.	Priyam Sharma	1854302036	B Tech CSE 2018-2022	Sixth Semester	A+
48.	Saurav Chauhan	1854305003	B Tech IT 2018-2022	Sixth Semester	A+
49.	Lakshay Parashar	1871304005	BA Journalism and Mass Communication 2018- 2021	Sixth Semester	B+

50.	Jitesh Laishram	1814301006	B Tech FT 2018-2022	Sixth Semester	B+
51.	Priyanshu chauhan	1851304027	B Tech ME 2018-2022	Sixth Semester	B
52.	Shubham sharma	1814302021	B Tech FT 2018-2022	Sixth Semester	O
53.	Shubham Sharma	1854302054	B Tech CSE 2018-2022	Sixth Semester	A+
54.	Himani	1811302026	B Sc Micro 2018-2021	Sixth Semester	A
55.	Jatin	1814302032	B Tech FT 2018-2022	Sixth Semester	A
56.	Amit Kumar	1871304009	BA Journalism and Mass Communication 2018- 2021	Sixth Semester	B+
57.	Himanshu Rana	1851304031	B Tech ME 2018-2022	Sixth Semester	A
58.	Piyush Tikoo	1854302060	B Tech CSE 2018-2022	Sixth Semester	A+
59.	Gauri Kant Verma	1914302003	B Tech FT 2019-2023	Fourth Semester	O

60.	Manish Thakur	1971301021	BBA 2019-2022	Fourth Semester	B+
61.	Akshay	1954302031	B Tech ECE 2018-2022	Sixth Semester	B
62.	Kajal Kumari	1954302041	B Tech CSE 2019-2023	Fourth Semester	A
63.	Kartik Chauhan	1971301034	BBA 2019-2022	Fourth Semester	A
64.	Shivam Verma	1971305032	B Com 2019-2022	Fourth Semester	B+
65.	Manik Sharma	1971305034	B Com 2019-2022	Fourth Semester	A
66.	Shubham Verma	1951304015	B Tech ME 2019-2023	Fourth Semester	B+
67.	Shaniya	1914303040	B Tech BT 2019-2023	Fourth Semester	A+
68.	Radhika Kumari	1971307009	B Sc Yoga 2019-2022	Fourth Semester	B
69.	Ankita Chauhan	1914303044	B Tech BT 2019-2023	Fourth Semester	A+

70.	Anurag Suri	1954304012	B Tech EE 2019-2023	Fourth Semester	A
71.	Nishita	1971301055	BBA 2019-2022	Fourth Semester	A+
72.	Nitika Choudhary	1914303061	B Tech BT 2019-2023	Fourth Semester	A+
73.	Aman Dev Sharma	1951304019	B Tech ME 2018-2022	Sixth Semester	A+
74.	Akash	1971307022	B Sc Yoga 2019-2022	Fourth Semester	F
75.	Ritesh Kumar	1951302014	B Tech Civil 2019-2023	Fourth Semester	B
76.	Shreyanshi Dogra	1911301058	B Sc BT 2019-2022	Fourth Semester	A
77.	Anchal	1971301070	BBA 2019-2022	Fourth Semester	B+
78.	Mohit Sharma	1971301073	BBA 2019-2022	Fourth Semester	B
79.	Nehul mishra	GF/2020/290	B Sc Yoga 2020-2023	Second Semester	O

80.	Pratham sharma	GF/2020/2885	B Tech CSE Cyber Security 2020-2024	Second Semester	A
81.	Shivand Thakur	GF/2020/2638	BA Pass 2020-2023	Second Semester	A
82.	Nirmit Gupta	GF/2020/1881	B Sc Zoology 2020-2023	Second Semester	A
83.	Nimish Kumar	GF/2020/3295	B Com 2020-2023	Second Semester	A+
84.	sanskar	GF/2020/035	B Sc Zoology 2020-2023	Second Semester	A
85.	Mansi Tyagi	GF/2020/923	B Sc Yoga 2020-2023	Second Semester	B+
86.	Pritam Chandam	GF/2020/3975	B Sc Zoology 2020-2023	Second Semester	A
87.	Namrata	GF/2020/6434	B Tech CSE Artificial Intelligence and Machine Learning 2020-2024	Second Semester	A
88.	Shivani Kumari	GF/2020/7100	B Sc Yoga 2020-2023	Second Semester	A+
89.	Aditya Panwar	GF/2020/7324	B Tech CSE Artificial Intelligence and Machine Learning 2020-2024	Second Semester	A

90.	Nikhil Tonwar	GF/2020/7398	B Tech CSE 2019-2023	Fourth Semester	A+
91.	Ritik Awasthi	GF/2020/7395	B Tech ME 2019-2023	Fourth Semester	A+
92.	Kunal Singh	GF/2020/7489	B Sc Yoga 2020-2023	Second Semester	A+
93.	Abhishek Ghaghat	GF/2020/7485	B Sc Yoga 2020-2023	Second Semester	A+


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Shoolini University of Biotechnology and
Management Sciences, Bajhol, Solan

Shoolini University

Yoga in Daily Life

	1 9:30 - 9:55	2 10:05 - 10:30	3 10:40 - 11:05	4 11:15 - 11:40	5 11:50 - 12:15	6 12:25 - 12:50	7 13:00 - 13:25	8 13:35 - 14:00	9 14:10 - 14:35	10 14:45 - 15:10	11 15:20 - 15:45	12 15:55 - 16:20	13 16:30 - 16:55	14 17:05 - 17:30
Mo														
Tu														
We									SSS OE052 G - 502					
Th									SSS OE052 G - 502					
Fr									SSS OE052 G - 502					

Timetable generated:02-03-2021

Faculty:

Subodh Saurabh

Subjects:

OE052 Yoga in Daily Life

SSS

Classrooms:

- G - 302
- G - 304
- G - 401 Shoolini Radio
- G - 501
- G - 502
- G - 503
- G - 504
- G - 702
- G - 703
- G - APJ
- G - Panini E Studio
- G - Vashishtha E Studio
- H - 402
- H - 502
- H - 503
- H - 701
- H - Chanakya E Studio
- H - Charaka E Studio
- YKC - Studio 1
- YKC - Studio 2

aSc Timetables

Course Name : Yoga in Daily Life

Hours: 3

Credits: 3

Course Description:

Many beginning yoga studies and some long time practitioners are familiar with the physical posture and have experienced some of the deep effects of Yoga but don't really know how to move more fully into the Yoga life-style. In this specially designed course, the teacher will explore a wide range of ways to integrate benefits of Yoga into every aspect of one's life. In a series of lectures, the participants will be exposed to ways to learn the myriad joys of yoga. The course offers the promise of Hatha Yoga exercises for optimum health and how the Yoga presents Holistic Perspective. It will involve the practice of necessary tools to acquire a Happy, Holi and Healthy life following the laws of nature.

Learning Outcome

1. The students will be highlighted on the correct alignment of the body with respect to the health of the spine and ideal body postures in day to day life.
2. The importance of the total health (Physical, Mental and Spiritual etc.) by cultivating Daily regimen, Night regimen and Seasonal regimen will be brought into clear picture.
3. The art of relaxing body and mind will be practiced regarding to enhance the energy level and to boost the immune system.
4. It will highlight the yoga approach to conscious diet and nutrition.
5. The course will introduce different ways how meditation acts as an antidote to stress and as a path of mindfulness.
6. It will bring the emphasis on the practice of Karma Yoga.
7. The path of rituals and creativity will be explored to integrate the different aspect of our beliefs.
8. The importance of ethics, morals and right attitudes to combat the self-created miseries.
9. The course will advocate the Yoga of love, devotion in personal relationship.
10. It will inculcate the conscious patterns of different breathing aspects to deal with the psychosomatic disorders.

Yoga in Daily Life:OE052

Sr.No.	Student Name	Registration Number	Batch	Semester	Grade Awarded
1	Prabal	1754302017	B Tech CSE 2017-2021	Seventh Semester	A+
2	Vardhman	1754302020	B Tech CSE 2017-2021	Seventh Semester	B+
3	Shaksham	1754302024	B Tech CSE 2017-2021	Seventh Semester	A+
4	Vikas	1754302029	B Tech CSE 2017-2021	Seventh Semester	A
5	Ashish Sharma	1754302032	B Tech CSE 2017-2021	Seventh Semester	A
6	Amitosh Kumar	1751304016	B Tech ME 2017-2021	Seventh Semester	A
7	Sumit	1751304017	B Tech ME 2017-2021	Seventh Semester	B+
8	Saurav Chauhan	1751304018	B Tech ME 2017-2021	Seventh Semester	A
9	Yadhuveer Singh Thakur	1751304019	B Tech ME 2017-2021	Seventh Semester	A
10	Jatin Shandilya	1751304026	B Tech ME 2017-2021	Seventh Semester	A+
11	Nakul Negi	1751304027	B Tech ME 2017-2021	Seventh Semester	B+
12	Sethrongli Thonger	1751302004	B Tech Civil 2017-2021	Seventh Semester	A
13	Shourya Sharma	1751302005	B Tech Civil 2017-2021	Seventh Semester	B+
14	Abhinay Thakur	1751302009	B Tech Civil 2017-2021	Seventh Semester	A
15	Mohd Shariq	1751302011	B Tech Civil 2017-2021	Seventh	B

	Bhat			Semester	
16	Ankur Sharma	1714302002	B Tech FT 2017-2021	Seventh Semester	B+
17	kanika	1714302003	B Tech FT 2017-2021	Seventh Semester	B+
18	Kanak Sharma	1714302010	B Tech FT 2017-2021	Seventh Semester	A
19	Meghna sharma	1714303002	B Tech BT 2017-2021	Seventh Semester	A
20	Siddharth Datta	1754303004	B Tech ECE 2017-2021	Seventh Semester	C
21	Ishika Verma	1714303003	B Tech BT 2017-2021	Seventh Semester	A
22	pankaj thakur	1751302016	B Tech Civil 2017-2021	Seventh Semester	B+
23	Robin Singh	1751304028	B Tech ME 2017-2021	Seventh Semester	A+
24	Honey	1751304033	B Tech ME 2017-2021	Seventh Semester	A
25	Vivek Thakur	1751304034	B Tech ME 2017-2021	Seventh Semester	A+
26	Sachin Lather	1754302049	B Tech CSE 2017-2021	Seventh Semester	B+
27	Himanshu Shandilya	1754302050	B Tech CSE 2017-2021	Seventh Semester	A+
28	Rahul Verma	1754302051	B Tech CSE 2017-2021	Seventh Semester	A
29	Punit Sharma	1751302019	B Tech Civil 2017-2021	Seventh Semester	B+
30	Atul Kumar	1714303027	B Tech BT 2017-2021	Seventh Semester	B+
31	Shaurya	1754305001	B Tech IT 2017-2021	Seventh	A

	Bahuguna			Semester	
32	Manik Sharma	1754305003	B Tech IT 2017-2021	Seventh Semester	A
33	Abhishek Rathore	1751304036	B Tech ME 2017-2021	Seventh Semester	A
34	Kiran Thakur	1714303042	B Tech BT 2017-2021	Seventh Semester	A
35	Dhanlata	1811301001	B Sc BT 2018-2021	Fifth Semester	A
36	Deepika Sharma	1814303001	B Tech FT 2018-2022	Fifth Semester	A+
37	Divya	1871301002	BBA 2018-2021	Fifth Semester	A
38	Aditi Chandel	1811302003	B Sc Micro 2018-2021	Fifth Semester	A+
39	Rohit Kumar	1811301007	B Sc BT 2018-2021	Fifth Semester	A+
40	Pavarshi	1871301011	BBA 2018-2021	Fifth Semester	A+
41	Yukti Sharma	1871301016	BBA 2018-2021	Fifth Semester	A+
42	saugato	1854302018	B Tech CSE 2018-2022	Fifth Semester	B+
43	Anmol Thakur	1814302010	B Tech FT 2018-2022	Fifth Semester	A
44	Rakshit jaswal	1871301023	BBA 2018-2021	Fifth Semester	A+
45	Vinod Thakur	1814302012	B Tech FT 2018-2022	Fifth Semester	A
46	Mitali Brahmverchesvini	1811302009	B Sc Micro 2018-2021	Fifth Semester	A
47	Manu Thakur	1811302011	B Sc Micro 2018-2021	Fifth Semester	A

				Semester	
48	Ujjwal Thakur	1871306005	B Sc Hospitality and Hotel Adminstration 2018-2021	Fifth Semester	B
49	Aayush thakur	1871305012	B Com 2018-2021	Fifth Semester	A
50	Tanu Mehta	1871301033	BBA 2018-2021	Fifth Semester	A
51	Nitin Negi	1811301030	B Sc BT 2018-2021	Fifth Semester	B
52	Sanskriti	1851302025	B Tech Civil 2018-2022	Fifth Semester	A+
53	Amit Kumar	1811301034	B Sc BT 2018-2021	Fifth Semester	B+
54	neha malik	1811301037	B Sc BT 2018-2021	Fifth Semester	A
55	Anuj Kumar	1871306011	B Sc Hospitality and Hotel Adminstration 2018-2021	Fifth Semester	B
56	Lakshay Chandel	1854302019	B Tech CSE 2018-2022	Fifth Semester	A
57	Santosh	1854302026	B Tech CSE 2018-2022	Fifth Semester	B+
58	Sahil	1854302034	B Tech CSE 2018-2022	Fifth Semester	A
59	Kashish Rana	1871305029	B Com 2018-2021	Fifth Semester	A
60	Lakshay Parashar	1871304005	BA Journalism and Mass Communication 2018-2021	Fifth Semester	B+
61	Kalpana Thakur	1811301044	B Sc BT 2018-2021	Fifth Semester	A
62	Vikram Kumar	1871302010	BA Journalism and Mass Communication 2018-	Fifth Semester	B+

			2021		
63	Diksha Sandhu	1811301045	B Sc BT 2018-2021	Fifth Semester	A
64	Dixit	1871307001	B Sc Yoga 2018-2021	Fifth Semester	A
65	Rahul Sharma	1871307006	B Sc Yoga 2018-2021	Fifth Semester	A
66	Suruchi Mishra	1871307009	B Sc Yoga 2018-2021	Fifth Semester	A+
67	Sonali Giri	1811302023	B Sc Micro 2018-2021	Fifth Semester	A
68	Amisha Gurung	1814301004	B Sc FT 2018-2021	Fifth Semester	A+
69	Rojalin Jena	1814301005	B Sc FT 2018-2021	Fifth Semester	A+
70	Anshu Parbhakar	1871307011	B Sc Yoga 2018-2021	Fifth Semester	A+
71	Nitika Sharma	1871305041	B Com 2018-2021	Fifth Semester	B+
72	Khushboo Asrani	1871305042	B Com 2018-2021	Fifth Semester	A+
73	Diksha Sharma	1814303046	B Tech BT 2018-2022	Fifth Semester	B+
74	Siddhant Pati	1871306016	B Sc Hospitality and Hotel Administration 2018-2021	Fifth Semester	B+
75	Shubham sharma	1814302021	B Tech FT 2018-2022	Fifth Semester	A+
76	akash	1814302029	B Tech FT 2018-2022	Fifth Semester	A
77	Tanika Sharma	1834301007	B Sc Chemistry 2018-2021	Fifth Semester	A+
78	Akhilesh	1814301007	B Tech FT 2018-2022	Fifth Semester	A

	Paterwal			Semester	
79	Himani	1811302026	B Sc Micro 2018-2021	Fifth Semester	A
80	Aditi	1814301010	B Sc FT 2018-2021	Fifth Semester	A
81	Amit Kumar	1871304009	BA Journalism and Mass Communication 2018-2021	Fifth Semester	B
82	Himanshu Rana	1851304031	B Tech ME 2018-2022	Fifth Semester	A
83	Piyush Tikoo	1854302060	B Tech CSE 2018-2022	Fifth Semester	A+
84	Anchal Bharti	1831302018	B Sc Botany 2018-2021	Fifth Semester	B+
85	Anish Chauhan	1851302058	B Tech Civil 2017-2021	Seventh Semester	A
86	Ashish Zinta	1851302059	B Tech Civil 2017-2021	Seventh Semester	B
87	Prama Choudhary	1811301055	B Sc BT 2018-2021	Fifth Semester	A
88	Shakti Sharma	1871307014	B Sc Yoga 2018-2021	Fifth Semester	B+
89	Bhawana Baliyan	1871307015	B Sc Yoga 2018-2021	Fifth Semester	A
90	Diksha Choudhary	1871307016	B Sc Yoga 2018-2021	Fifth Semester	A
91	Payal Rana	1937302001	B Sc Mathematics 2019- 2022	Third Semester	B+
92	Akhil Bhaworia	1934301001	B Sc Chemistry 2019-2022	Third Semester	B+
93	Shani	1937302002	B Sc Mathematics 2019- 2022	Third Semester	B+

94	Gauri Kant Verma	1914302003	B Tech FT 2019-2023	Third Semester	A
95	Sunali	1971305007	B Com 2019-2022	Third Semester	B+
96	Siddhant Saroha	1914302013	B Tech FT 2019-2023	Third Semester	A
97	Ambika Thakur	1971305024	B Com 2019-2022	Third Semester	B+
98	Diksha	1971305026	B Com 2019-2022	Third Semester	A
99	Rajan Vaid	1971301033	BBA 2019-2022	Third Semester	A
100	Ranjeet Mishra	1971301035	BBA 2019-2022	Third Semester	B+
101	Mansi Bhatia	1971304010	BA Journalism and Mass Communication 2019-2022	Third Semester	B
102	Ankur Sharma	1971305030	B Com 2019-2022	Third Semester	B
103	Ankita	1971304011	BA Journalism and Mass Communication 2019-2022	Third Semester	A
104	Alisha Thakur	1914302018	B Tech FT 2019-2023	Third Semester	A
105	Aalok Bhandari	1951304013	B Tech ME 2019-2023	Third Semester	C
106	Maninder Singh	1971304012	BA Journalism and Mass Communication 2019-2022	Third Semester	B+
107	Anjali Thakur	1914302024	B Tech FT 2019-2023	Third Semester	A
108	Amit Singh	1971305037	B Com 2019-2022	Third	B+

	Verma			Semester	
109	Alisha Garg	1971304016	BA Journalism and Mass Communication 2019-2022	Third Semester	B+
110	Vicky	1971301053	BBA 2019-2022	Third Semester	B+
111	Harshit Thakur	1971306023	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	B+
112	Sheetul Vadhan	1911301049	B Sc BT 2019-2022	Third Semester	A
113	Aditya Dhiman	1911302023	B Sc Micro 2019-2022	Third Semester	A
114	shubham Sharma	1971306036	B Sc Hospitality and Hotel Administration 2019-2022	Third Semester	B+
115	Tejender Thakur	1971306038	B Sc Hospitality and Hotel Administration 2018-2021	Fifth Semester	A
116	Anchal	1971301070	BBA 2019-2022	Third Semester	B+
117	Vince Paul	1971301076	BBA 2019-2022	Third Semester	B+

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Sr.No.	Student Name	Registration Number	Batch	Semester	Grade Awarded
1.	Gaurav Vohra	1754302013	B Tech CSE 2017-2021	Eight Semester	A+
2.	Pooja	1714303008	B Tech BT 2017-2021	Eight Semester	A
3.	Sonal Thakur	1714303009	B Tech BT 2017-2021	Eight Semester	A+
4.	Saumya Bharti	1714303019	B Tech BT 2017-2021	Eight Semester	O
5.	Rohit Kumar	1851304005	B Tech ME 2017-2021	Eight Semester	A+
6.	Manisha Sharma	1871301010	BBA 2018-2021	Sixth Semester	A
7.	Mahesh	1871301017	BBA 2018-2021	Sixth Semester	B
8.	Pooja Sharma	1811301014	B Sc BT 2018-2021	Sixth Semester	A+

9.	Shubham Kumar	1871301036	BBA 2018-2021	Sixth Semester	B+
10.	Prerna	1811301033	B Sc BT 2018-2021	Sixth Semester	A+
11.	Vidushi Bahri	1871301040	BBA 2018-2021	Sixth Semester	B+
12.	Shubham Sharma	1854302030	B Tech CSE 2018-2022	Sixth Semester	C
13.	Udit Thakur	1854302039	B Tech CSE 2018-2022	Sixth Semester	P
14.	Samriti Bhalla	1871307005	B Sc Yoga 2018-2021	Sixth Semester	O
15.	Shivam	1811301050	B Sc BT 2018-2021	Sixth Semester	A+
16.	Konika	1814302030	B Tech FT 2018-2022	Sixth Semester	O
17.	Neha Sharma	1871304010	BA Journalism and Mass Communication 2018-2021	Sixth Semester	B
18.	Vikash	1851302061	B Tech Civil 2017-2021	Eight Semester	B

19.	Anubhav Maharana	1954304002	B Tech EE 2019-2023	Fourth Semester	A+
20.	Deepanshu Kaushik	1911302003	B Sc Micro 2019-2022	Fourth Semester	O
21.	Kritika Sharma	1931301002	B Sc Zoology 2019-2022	Fourth Semester	A+
22.	Kartik Dhawan	1911301009	B Sc BT 2019-2022	Fourth Semester	O
23.	Hiteshi	1971301025	BBA 2019-2022	Fourth Semester	B+
24.	Sakshi Sharda	1931302003	B Sc Botany 2019-2022	Fourth Semester	A+
25.	Amit Kumar	1911301032	B Sc BT 2019-2022	Fourth Semester	A+
26.	Prabhat	1911301033	B Sc BT 2019-2022	Fourth Semester	A+
27.	Abhishek Dhiman	1911301034	B Sc BT 2019-2022	Fourth Semester	A
28.	Garima Faujdar	1971302013	BA English 2019-2022	Fourth Semester	O

29.	Dhiraj Kumar	1971304020	BA Journalism and Mass Communication 2019-2022	Fourth Semester	A+
30.	Raveena	1931301019	B Sc Zoology 2019-2022	Fourth Semester	A+
31.	Abhishek Chauhan	1971306028	BBA 2019-2022	Fourth Semester	C
32.	Rohit Thakur	1914302051	B Tech FT Agriculture 2019-2023	Fourth Semester	A
33.	Pranjal Gupta	1971301075	BBA 2019-2021	Sixth Semester Migrated	B+
34.	Sheetal Panwar	1951302011	B Tech Civil 2019-2023	Fourth Semester	A
35.	Gokul Jhanwar	1951304027	B Tech CSE 2019-2023	Fourth Semester	B+
36.	Shivam	1951302022	B Tech Civil 2019-2023	Fourth Semester	C
37.	Riya Goel	GF/2020/638	B Tech BT 2020-2024	Second Semester	A+
38.	Sakshi Thakur	GF/2020/2338	B Com 2020-2023	Second Semester	B

39.	Amit Thakur	GF/2020/1542	BBA 2020-2023	Second Semester	B
40.	Ashwani Sharma	GF/2020/1481	BBA 2020-2023	Second Semester	A
41.	Ankit	GF/2020/184	BCA 2020-2023	Second Semester	B
42.	Catherine Rai	GF/2020/2569	B Sc Yoga 2020-2023	Second Semester	O
43.	sahil malik	GF/2020/2158	B Com 2020-2023	Second Semester	B+
44.	Namrata Kumari	GF/2020/3251	B Sc Yoga 2020-2023	Second Semester	B
45.	Taruna Sharma	GF/2020/3308	B Sc Yoga 2020-2023	Second Semester	B
46.	Nidhi	GF/2020/3303	B Sc Yoga 2020-2023	Second Semester	B+
47.	Priyanshu Rodhia	GF/2020/3692	B Sc Yoga 2020-2023	Second Semester	A
48.	Banshita Sharma	GF/2020/4424	B Sc Yoga 2020-2023	Second Semester	A

49.	Samarth Sharma	GF/2020/4471	B Sc Zoology 2020-2023	Second Semester	A
50.	Bhaskar Sharma	GF/2020/4534	BBA 2020-2023	Second Semester	B
51.	Nitish Kumar	GF/2020/3061	B Com 2020-2023	Second Semester	B+
52.	Srishti Maggon	GF/2020/4464	BBA Migrated 2019-2022	Fourth Semester	A
53.	Vishal Kumar Sankhyan	GF/2020/4552	B Tech CSE Artificial Intelligence and Machine Learning 2020-2024	Second Semester	A+
54.	Jinal Mokariya	GF/2020/4613	B Sc Yoga 2020-2023	Second Semester	B+
55.	Sakshi Sharma	GF/2020/5206	B Sc Zoology 2020-2023	Second Semester	B+
56.	Priyanka Devi	GF/2020/5192	B Sc Zoology 2020-2023	Second Semester	A
57.	Nishant	GF/2020/5104	B Tech CSE Artificial Intelligence and Machine Learning 2020-2024	Second Semester	A
58.	Zitra Khatkar	GF/2020/5465	B Com 2020-2023	Second Semester	A+

59.	Ringzin Lamo	GF/2020/4896	B Sc Zoology 2020-2023	Second Semester	A
60.	Pranav Sharma	GF/2020/4825	B Sc Yoga 2020-2023	Second Semester	A+
61.	Diksha	GF/2020/5541	B Sc Yoga 2020-2023	Second Semester	A
62.	Yash Kumar	GF/2020/5530	B Sc Nutrition and Dietrics 2020-2023	Second Semester	A
63.	Neha Sharma	GF/2020/5439	B Sc Zoology 2020-2023	Second Semester	A+
64.	Aarushi Sharma	GF/2020/5686	B Sc Nutrition and Dietrics 2020-2023	Second Semester	A+
65.	Milan Tyagi	GF/2020/5084	B Sc Yoga 2020-2023	Second Semester	B+
66.	Varuni Gupta	GF/2020/6366	B Tech CSE Cyber Security 2020-2024	Second Semester	P
67.	Siwani Kumari	GF/2020/6331	BA Journalism and Mass Communication 2020-2023	Second Semester	B
68.	Yadhu Nandan Sharma	GF/2020/6505	B Sc Yoga 2020-2023	Second Semester	F

69.	Bamin Tabyo	GF/2020/6874	B Tech Civil 2019-2023	Fourth Semester	B+
70.	Divesh Dutt Sharma	GF/2020/7191	BBA 2020-2023	Second Semester	F
71.	Deepanshu Bhatia	GF/2020/7208	B Tech Civil 2019-2023	Fourth Semester	A+
72.	Pooja Sharma	GF/2020/7315	B Tech Civil 2019-2023	Fourth Semester	A+
73.	Pritika Kumari	GF/2020/7384	B Sc BT 2020-2023	Second Semester	A+
74.	Avantika Dhiman	GF/2020/7373	Integrated B Sc (Hons) M Sc Microbiology 2020- 2021	Second Semester	A+
75.	Isha	GF/2020/7464	B Tech BT 2020-2024	Second Semester	A