

**REPORT ON FOUNDATION COURSE IN YOGA (34 HOURS) ORGANISED BY  
THE DEPARTMENT OF PHYSICAL EDUCATION FROM 1<sup>ST</sup> APRIL 2021 to 17<sup>th</sup>  
May 2021**

**CONCEPT NOTE:**

Yoga has now become an integral part of our life and is gaining popularity not just in India but all across globe. Yoga helps in reducing stress and helps in improving immunity and can help an individual achieve balance at physical, mental, emotional and spiritual level. It is evident that an individual is wealthy when he/she is healthy. Thus, the idea behind this 34-hour course is to make the students aware of the importance of healthy living and to lay the foundation that may help individual towards self-realisation.

Also in view of the prevailing situation of covid-19 pandemic it is felt that there is a need to conduct this kind of course for the students to prepare them physically and mentally strong and develop their immunity through Yoga, to come out of this crisis.

**INFORMATION TO THE STUDENTS FOR REGISTRATION**

**Dear Students**

Department of Physical Education is conducting **ONLINE FOUNDATION COURSE IN YOGA (Course Duration- 34 hours)** tentatively starting from 1st April 2021. The objective of this course is to introduce the fundamental principles and practices of Yoga for healthy living.

**IMPORTANT INFORMATION**

- This course is open for NSO students (IInd and IIIrd Year) and B.A (Prog.) Physical Education students.
  - This course is only for sincere participants, who are willing and eager to gain the benefits of Yoga for healthful living or to make a career in yoga
  - The participants are requested to register themselves by filling the google form latest by 30-03-2021.
  - There will be daily online classes in the evening, the details of which will be shared soon.
  - It is mandatory for everyone to participate in the Quiz on the final day of the Course for assessment.
  - The certificate will be issued only to those participants who will attend all the classes and respond to the final Quiz.
  - Classes will be held on G-Suite (Google Meet) and the link will be shared with all everyday 10 minutes before the commencement of class.
- 
- **NOTE:** Link for Google Form: <https://forms.gle/pw8LS5rQr8vAxUPD8>

## Course Coordinators

Dr. Saryu Ruhela (9911109154)

Dr. Shweta Suri (9810964430)

(Deptt. Of Phy. Edu.)



**DEPARTMENT OF PHYSICAL EDUCATION**

**KAMALA NEHRU COLLEGE**

**(UNIVERSITY OF DELHI)**

**ORGANIZES**

**FOUNDATION COURSE IN YOGA**

**COURSE DURATION: 34 HOURS**

**COURSE COMMENCEMENT: 01-04-2021**

**DR. SARYU RUHELA  
DR. SHWETA SURI  
(COURSE COORDINATORS)**

**DR. KALPANA BHAKUNI  
(PRINCIPAL)**



## **SYLLABUS**

### **Theory**

- 1. Yoga : Etymology, definitions, aim, objectives and misconceptions.**
- 2. Guiding principles to be followed by Yoga practitioners.**
- 3. Introduction to Yogic Sukshma Vyayama, Sthula Vyayama.**
- 4. Introduction to Surya Namaskara : Technique & health Benefits**
- 5. Introduction to Yogasana: meaning, principles, and their health benefits.**
- 6. Introduction to Pranayama: meaning, principles, and their health benefits.**
- 7. Ashtang Yoga of Maharishi Patanjali: Bahiranga and Antaranga Yoga**
- 8. Yogic management of stress and its consequences.**

### **Practical**

- 1. Prayer: Concept and recitation of Pranava and hymns.**
- 2. Yoga Cleansing Techniques**
  - i) Knowledge of Dhauti, Neti**
  - ii) practice of Kapalabhati.**
- 3. Yogic Sukshma Vyayama and Sthula Vyayama**
  - a. Yogic Sukshma Vyayama (Micro Circulation Practices)**
    - Neck Movement Griva Shakti Vikasaka ( I,II,III,IV)**
    - Shoulder Movement Bhuja Valli Shakti Vikasaka Puma Bhuja Shakti Vikasaka**
    - Trunk Movement Kati Shakti Vikasaka (I, II, III, IV, V)**
    - Knee Movement Jangha Shakti Vikasaka (II- A & B)**
    - Pindali Shakti Vikasaka Kriya**
    - Pada-mula shakti Vikasaka – A & B**
    - Ankle movement Gulpha-pada-pristha-pada-tala shakti Vikasaka**
  - b. Yogic Sthula Vyayama (Macro Circulation Practices)**

- Sarvanga Pushti

- Hrid Gati (Engine Daud)

#### 4. Yogic Surya Namaskara

#### 5. Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastana, Kati Chakrasana, Trikonasana

- Dandasana, Sukhasana, Padmasana, Vajrasana,

- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana

- Paschimottanasana, Purvottanasana,

- Vakrasana, Gomukhasana

- Bhujangasana, Shalabhasana, Dhanurasana, Makarasana

- Setubandhasana, Uttanapadasana, Ardha Halasana, Pavanamuktasana

- Vipareetakarani, Saral Matsyasana, Shavasana,

#### 6. Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular)

- Yogic deep breathing

#### 7. Pranayama

- Concept of Puraka, Rechaka and Kumbhaka

- Anuloma Viloma/Nadi Shodhana

- Sheetal (without Kumbhaka)

- Bhramari (without Kumbhaka)

#### 8. Practices leading to Dhyana

## IMPORTANT INFORMATION RELATED TO COURSE

Dear Students

Thanks for registering yourself in the "Foundation Course in Yoga" organised by the Department of Physical Education from 1<sup>st</sup> April 2021 at 4:30 P.M. to 5:45 PM.

As the online platform will be the Google Meet, kindly join **Google Classroom** by using **Class Code** mentioned below.

You are also requested to **join WhatsApp group**, kindly find the link below. These steps are mandatory for joining the course as all the relevant information and the link for joining classes will be shared on this platform.

**CLASS CODE: 54mh6w5**

Follow this link to join WhatsApp group:

<https://chat.whatsapp.com/HWcuAb1LjxT55ShrlC1aGn>

## IMPORTANT INFORMATION

- Please make sure that your username is the same as you have entered in the registration form.
- We would like you to join the course 10 minutes prior to the start of the classes to avoid any delay.
- Kindly keep your phone on **silent mode** and **videos on** when the practical classes are in progress.
- Wear comfortable attire and be ready with your Yoga Mats and water bottles.
- It is compulsory for participants to attend all the online classes (Practical as well as Theory) in order to receive a certificate.

Looking forward to an enriching experience with you.

With Best Wishes

Dr. Saryu Ruhela (9911109154)

Dr. Shweta Suri (9810964430)

(Course Coordinators)

## PROFILE OF YOGACHARY LALIT MADAN (Trainer of the Course)

- Qualified QCI level 2 (Yoga Teacher).
- Yoga Therapist at Morarji Desai National Institute of Yoga (MDNIY).
- Have performed as a Main Demonstrator in 6<sup>th</sup> in International Day of Yoga at Virtual Platform on DOORDARSHAN.

- Have performed as a main commentator in 1 st International Day of Yoga at Rajpath which was recorded in the Guinness Book of World Record.
- Conducted different projects under Morarji Desai National Institute of Yoga(MDNIY) for the promotion of Yoga.
- Participated in various National Weeks organized by MDNIY at their institute in New Delhi

Participated in various workshops like Yogic Management of Migrane, Headache, Geriatric Disorder, neck and Back Pain and Hypertension

### **DAY WISE LINK**

Apr 1 2021

<https://meet.google.com/owo-tphu-obq>

Apr 2 2021

<https://meet.google.com/dbm-wtsm-oot>

Apr 3 2021

<https://meet.google.com/jcg-xued-qby>

Apr 5 2021

<https://meet.google.com/dxg-tbru-adc>

APRIL 6 2021

<https://meet.google.com/njd-mpwz-fvu>

APRIL 7 2021

<https://meet.google.com/ndz-ekbk-ykn>

April 8 2021

<https://meet.google.com/gnx-deca-iko>

April 9 2021

<https://meet.google.com/iox-jwqh-rwm>

Apr 10 2021

<https://meet.google.com/ydh-kskq-gvy>

April 12 2021

<https://meet.google.com/rva-bmnr-ddx>

April 13 2021

<https://meet.google.com/ykj-mhyy-kqc>

April 15 2021

<https://meet.google.com/yvn-gnjg-fjc>

April 16 2021

<https://meet.google.com/obr-mzjx-zfh>

April 17 2021

<https://meet.google.com/oww-most-vvo>

April 19 2021

<https://meet.google.com/dix-yoia-xga>

April 21 2021

<https://meet.google.com/sny-afse-ggu>

April 23 2021

<https://meet.google.com/zpq-zizd-ivo>

April 24 2021

<https://meet.google.com/vmh-pedx-ruu>

April 26 2021

<https://meet.google.com/stt-pmuy-iry>

April 28 2021

<https://meet.google.com/chz-jyxv-qjd>

April 29 2021

<https://meet.google.com/euq-fmtc-jaj>

May 5 2021

<https://meet.google.com/roo-hgag-ovp>

May 6 2021

<https://meet.google.com/fyi-ekxg-why>

May 10 2021

<https://meet.google.com/hfg-gwja-nom>

May 11 2021

<https://meet.google.com/cnd-vtft-rsg>

May 12 2021

<https://meet.google.com/eqs-iesy-xdc>

May 13

<https://meet.google.com/qbw-mmmv-vvo>

May 14

<https://meet.google.com/znz-ijph-fje>

May 17

<https://meet.google.com/snn-zsmo-gru>

**DAY WISE SCREENSHOTS**

**1-04-2021**

Inbox (36) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA Meet - owo-tphu-obq

meet.google.com/owo-tphu-obq?pli=1&authuser=0

5:55 PM You

Meeting details

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17:55 01-04-2021

2-04-2021

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meet.google.com/dbm-wsm-oot?pli=1&authuser=0

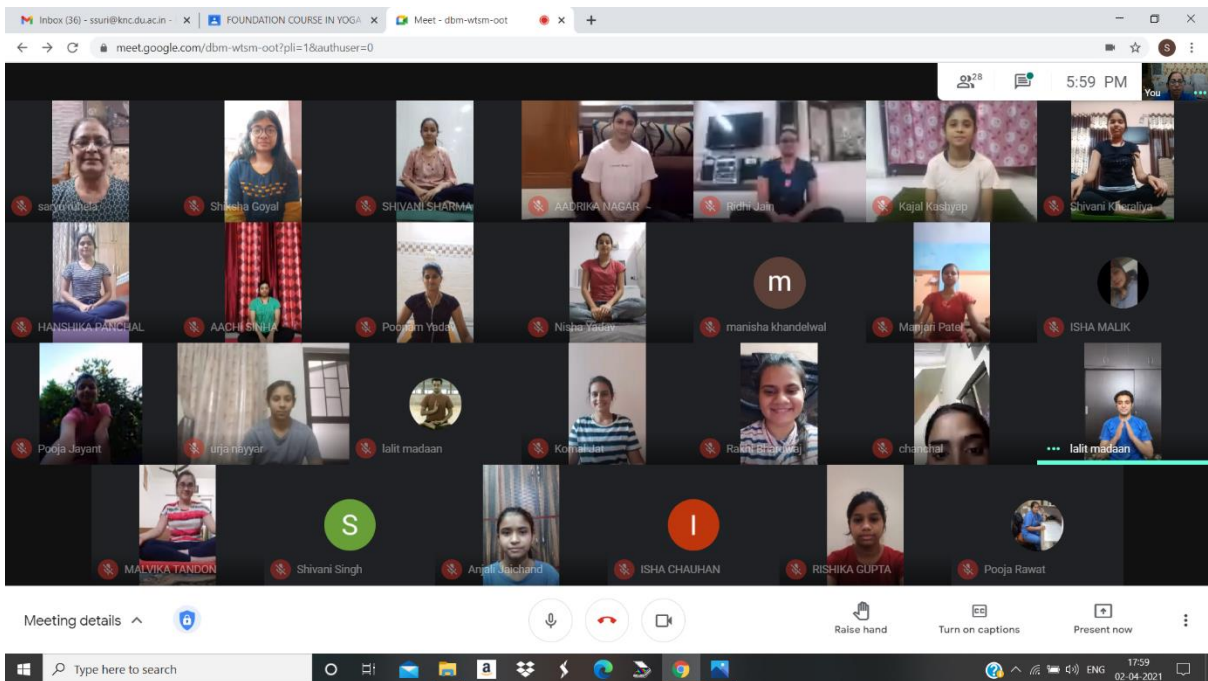
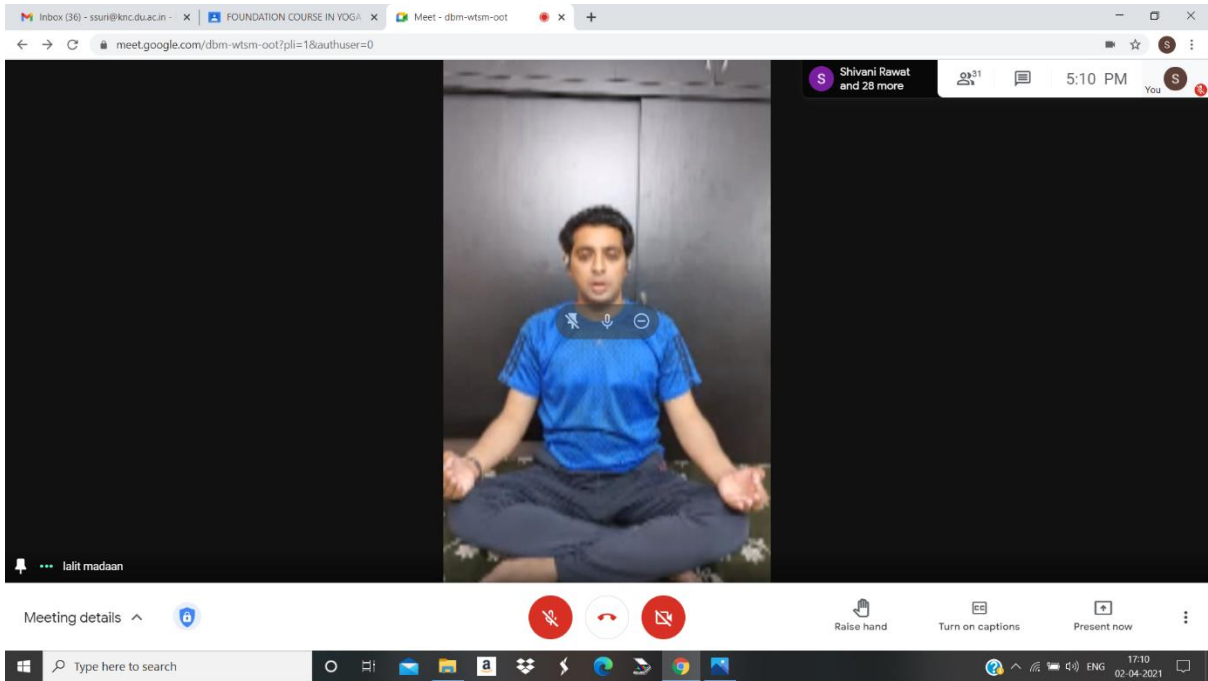
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Meeting details

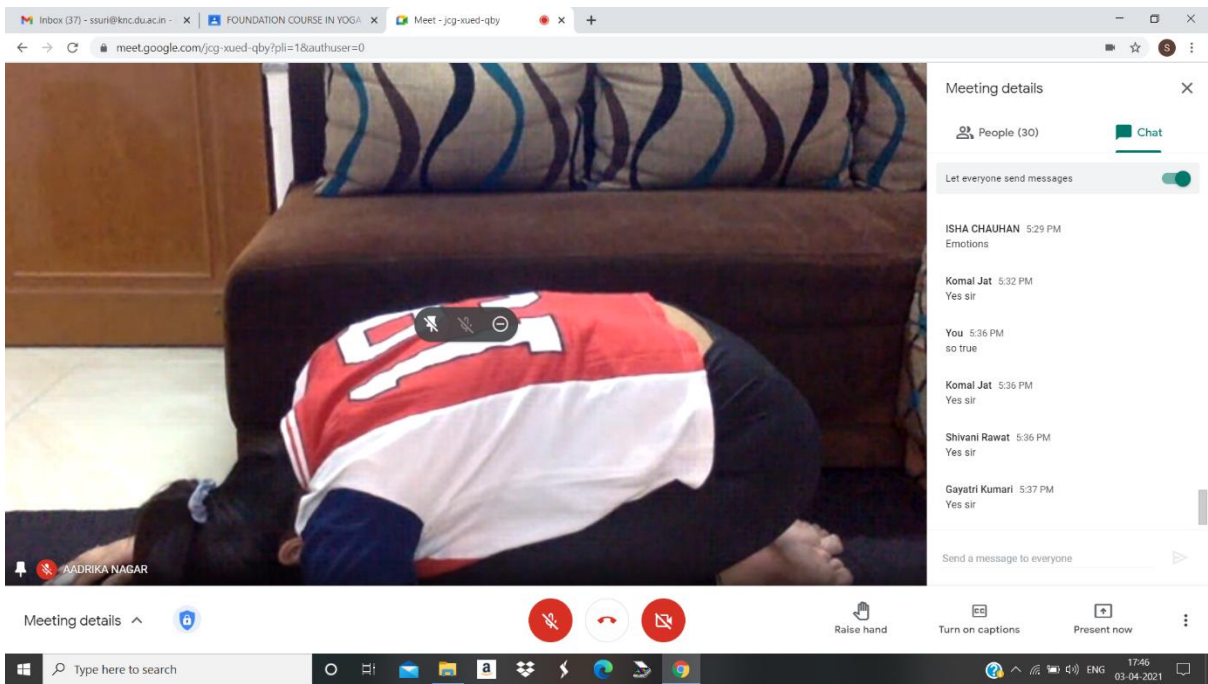
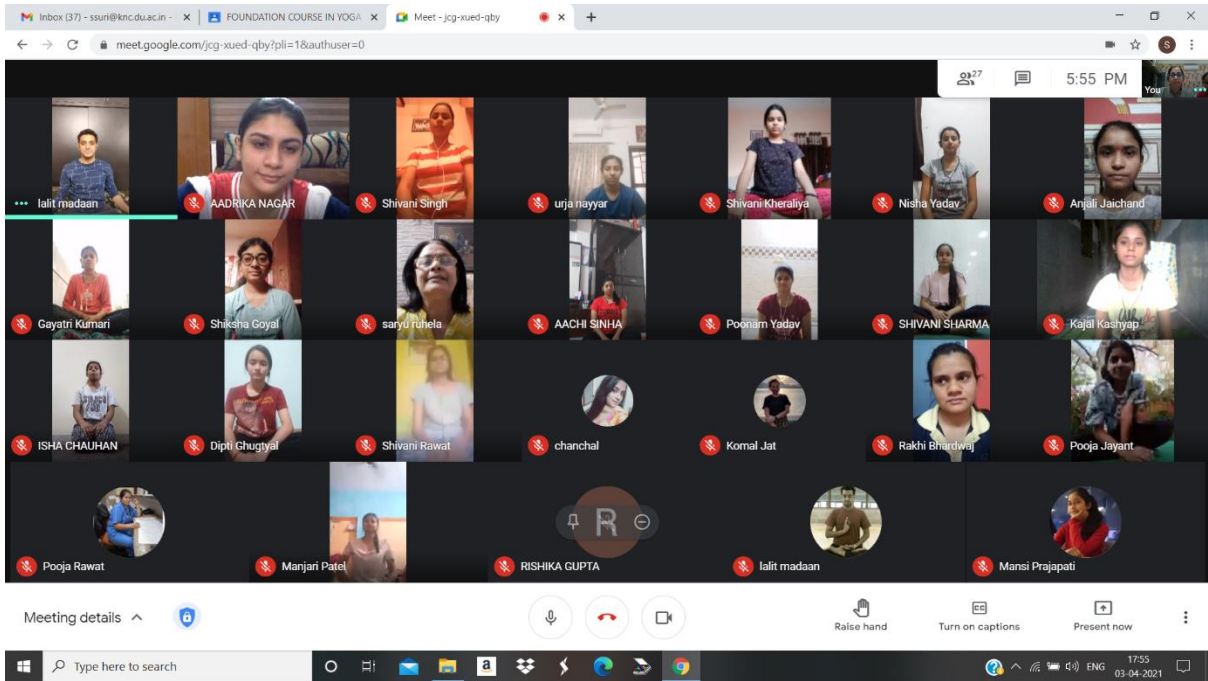
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3-04-2021



5-04-2021

Inbox (37) - ssuri@knc.du.ac.in - x Sent Mail - shwetasuknc@gmail.com x FOUNDATION COURSE IN YOGA x Meet - dgx-tbru-adc x

meet.google.com/dgx-tbru-adc?pli=1&authuser=0

lalit madaan is presenting

**Etymology and Meaning of Yoga**

The word Yoga is derived from the Sanskrit root 'yuj' means

- to unite or to combine
- absorption (Samadhi)
- judicious control (samyama).

Participants:

- lalit madaan
- S
- S
- A
- P
- S
- S
- R

Meeting details

People (28)

- Rakhi Bhardwaj
- Ridhi Jain
- RISHIKA GUPTA
- saryu ruhela
- Shabnam azad
- Shiksha Goyal
- Shivani Kheraliya
- Shivani Rawat
- SHIVANI SHARMA
- Shivani Singh

Meeting controls: Mute, Video, Raise hand, Turn on captions, lalit madaan is presenting

Windows taskbar: Type here to search, 16:59 05-04-2021

Inbox (37) - ssuri@knc.du.ac.in - x Sent Mail - shwetasuknc@gmail.com x FOUNDATION COURSE IN YOGA x Meet - dgx-tbru-adc x

meet.google.com/dgx-tbru-adc?pli=1&authuser=0

lalit madaan is presenting

**Definitions of Yoga**

अथ योगानुशासनम् ॥३॥  
Now on Union Explanation

योगश्चित्तवृत्तिनिरोधः ॥२॥  
Yoga as control over functioning of mind

तदा द्रष्टुः स्वरूपेऽवस्थानम् ॥३॥  
Only then the seer (drishta) comes to experience his ownself with crystal clarity

Participants:

- lalit madaan
- saryu ruhela
- S
- S
- Shivani Kheraliya
- Shabnam azad
- AACHI SINHA
- Manjari Patel
- Anjali Jaichand
- Shivani Singh
- Poonam Yadav
- Ridhi Jain

Meeting details

People (28)

- Rakhi Bhardwaj
- Ridhi Jain
- RISHIKA GUPTA
- saryu ruhela
- Shabnam azad
- Shiksha Goyal
- Shivani Kheraliya
- Shivani Rawat
- SHIVANI SHARMA
- Shivani Singh

Meeting controls: Mute, Video, Raise hand, Turn on captions, lalit madaan is presenting

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6-04-2021

Meeting details

People (28)

- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati
- MEHAKPREET KAUR
- Nisha Yadav
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- Rakhi Bhardwaj
- Ridhi Jain

Meeting details ^

Meeting controls: Mute, Video, Screen Share, Raise hand, Turn on captions, Present now

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Meeting details

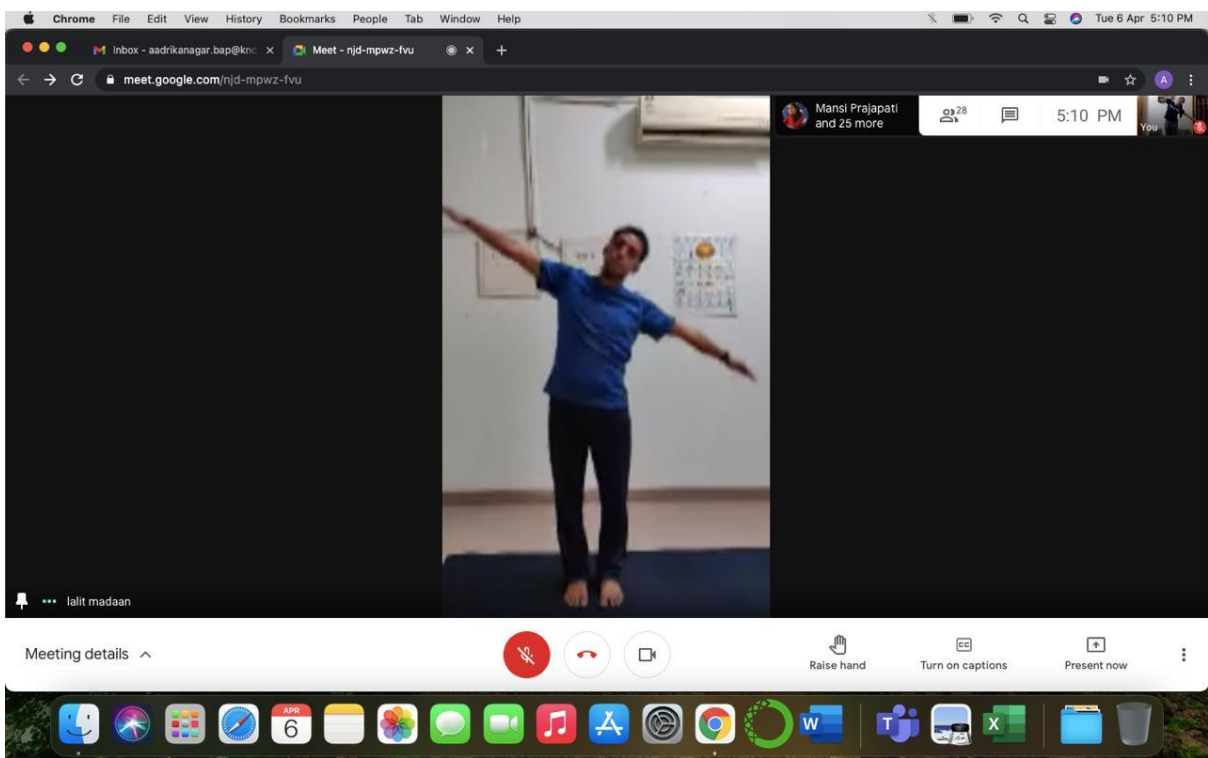
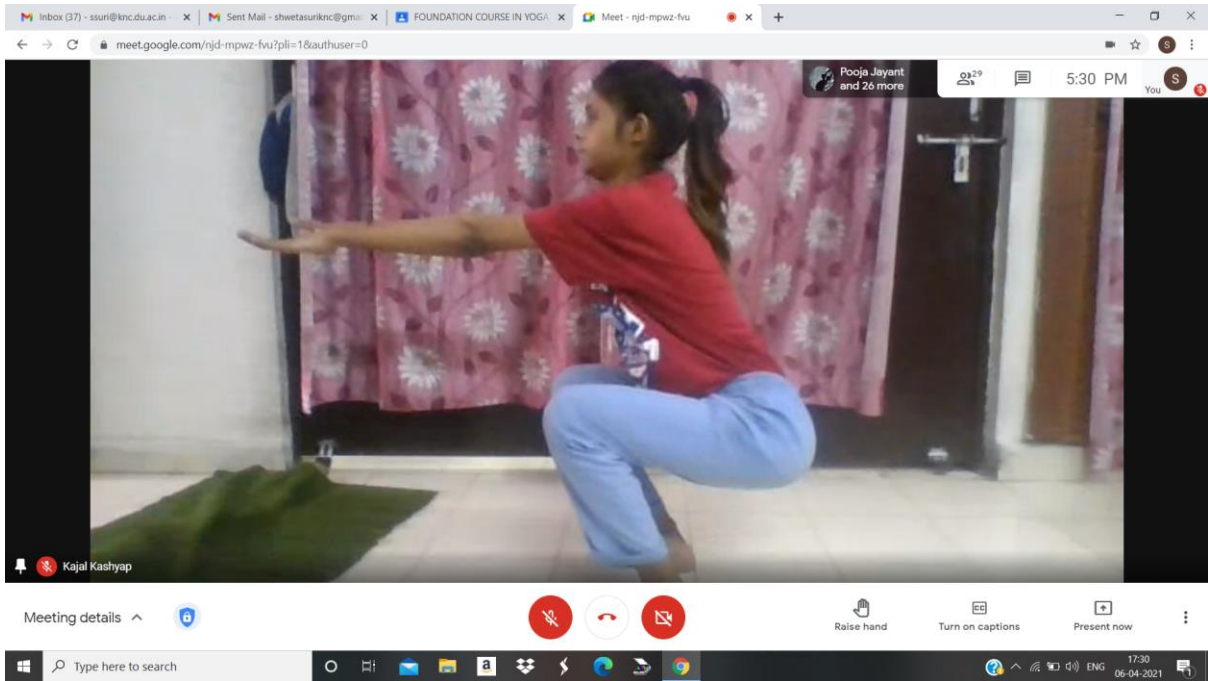
People (28)

- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati
- MEHAKPREET KAUR
- Nisha Yadav
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- Rakhi Bhardwaj
- Ridhi Jain

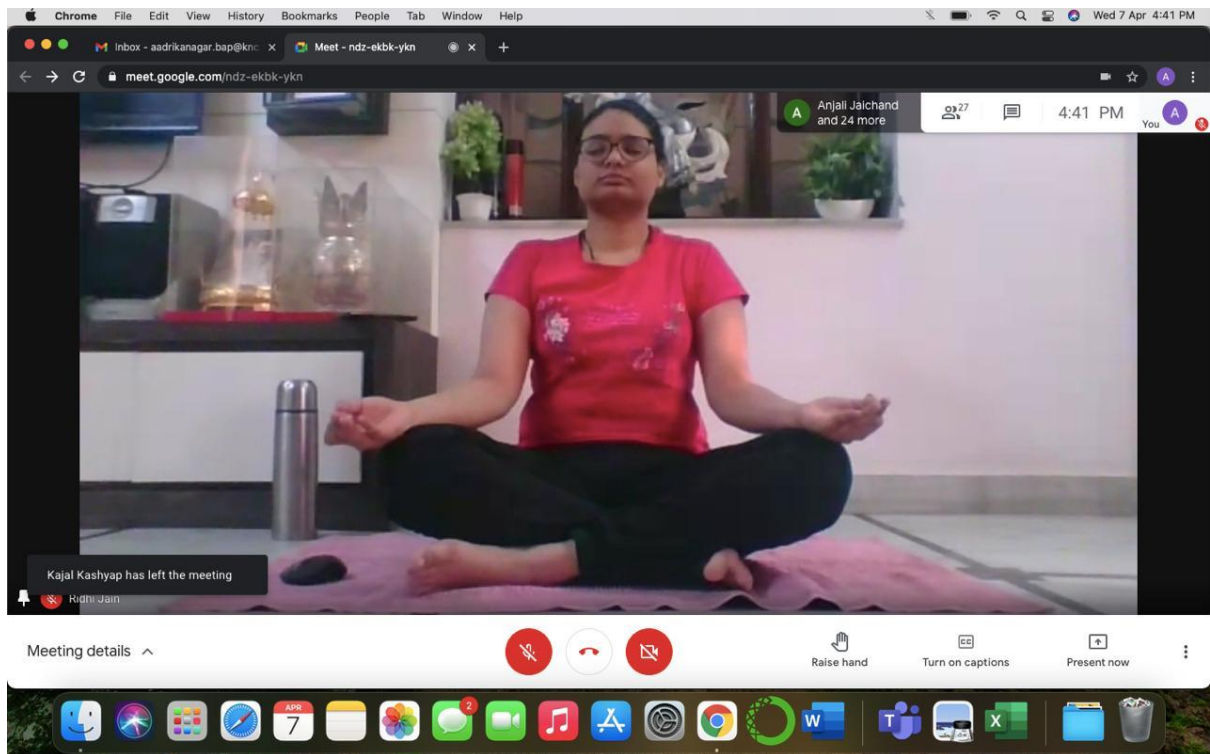
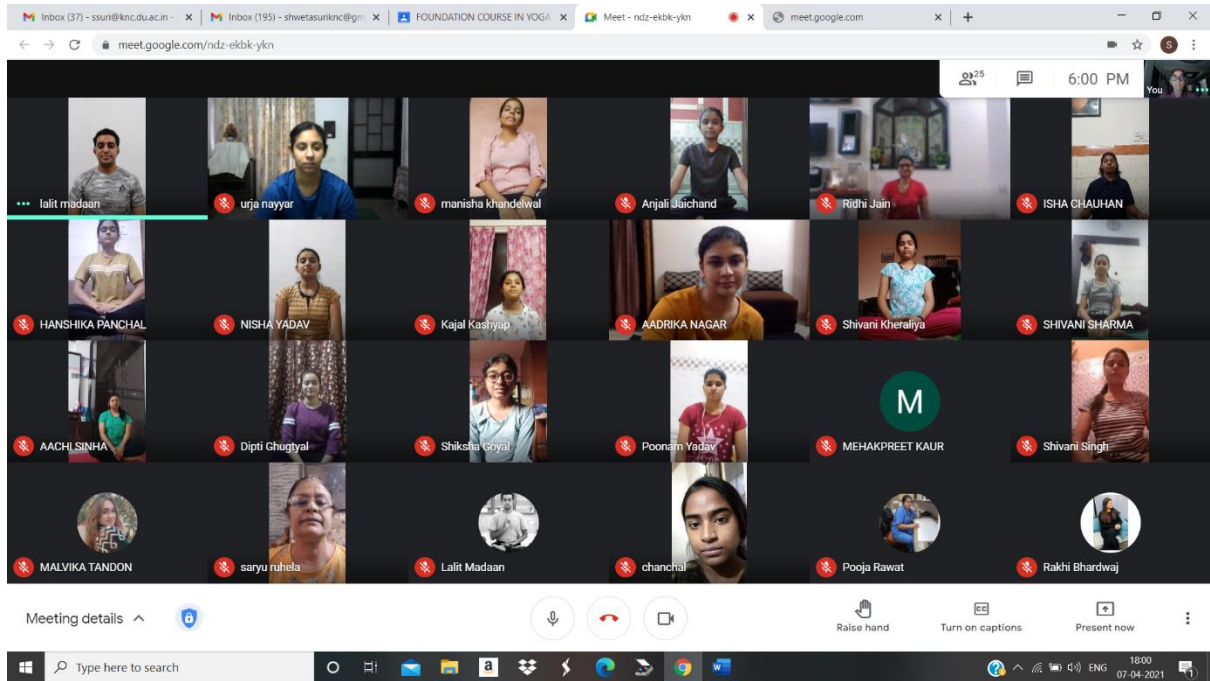
Meeting details ^

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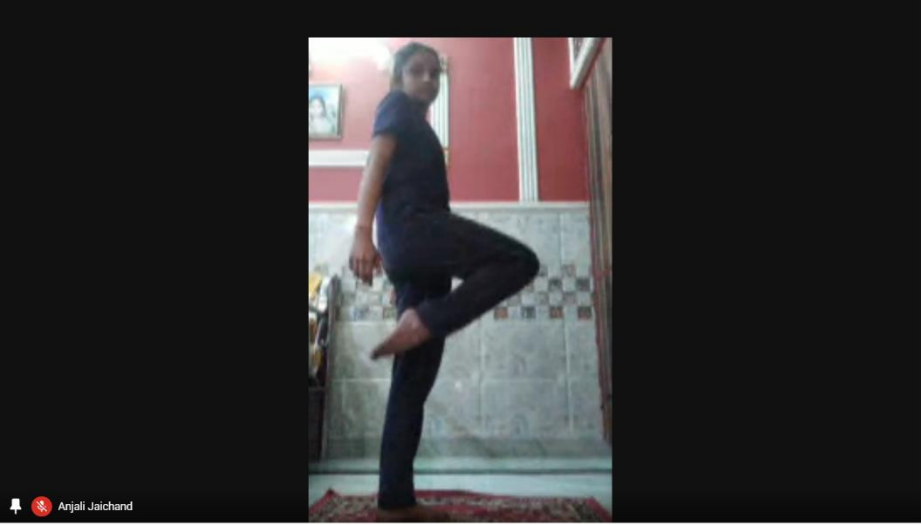
7-04-2021



08-04-2021

Inbox (37) - ssuri@knc.du.ac.in - x Today's Link (KNC) - shwetasurek - x FOUNDATION COURSE IN YOGA - x Meet - gnx-deca-iko - x +

meet.google.com/gnx-deca-iko?pli=1&authuser=0



Meeting details Meeting details X

People (27) Chat

- lalit madaan
- Lalit Medaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Rawat
- Poonam Yadav
- Rakhi Bharchwai

Anjali Jaichand

Meeting details ^


Raise hand Turn on captions Present now

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17:33 08-04-2021

Inbox (37) - ssuri@knc.du.ac.in - x Today's Link (KNC) - shwetasurek - x FOUNDATION COURSE IN YOGA - x Meet - gnx-deca-iko - x +

meet.google.com/gnx-deca-iko?pli=1&authuser=0



Meeting details Meeting details X

People (26) Chat

- lalit madaan
- Lalit Madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Rawat
- Poonam Yadav
- Rakhi Bharchwai

lalit madaan

Meeting details ^


Raise hand Turn on captions Present now

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17:36 08-04-2021

Browser tabs: Inbox (37) - ssuri@knc.du.ac.in, Today's Link (KNC) - shwetasturik, FOUNDATION COURSE IN YOGA, Meet - gnx-deca-iko

URL: meet.google.com/gnx-deca-iko?pli=1&authuser=0



Meeting details

People (26)

- lalit madaan
- Lalit Medaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Rawat
- Poonam Yadav
- Richi Jain

Meeting controls: Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:37, 08-04-2021



Meeting details

People (25)

- lalit madaan
- Lalit Medaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- NISHA YADAV
- Pooja Rawat
- Poonam Yadav
- Rakhi Bhardwaj
- Richi Jain

urja nayyar

Meeting details

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Meeting details

People (26)

- lalit madaan
- Lalit Medaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Rawat
- Poonam Yadav
- Richi Jain

lalit madaan

Meeting details

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17:52 08-04-2021

09-04-2021

Browser tabs: Inbox (37) - ssuri@knc.du.ac.in, Sent Mail - shwetasunknc@gmail, FOUNDATION COURSE IN YOGA, Meet - iox-jwqh-rwm

URL: meet.google.com/iox-jwqh-rwm?pli=1&authuser=0

Meeting header: AADRIKA NAGAR and 22 more, 5:18 PM




Participant: Ridhi Jain

Meeting controls: Meeting details, Microphone, Video, Screen share, Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:18 09-04-2021

Browser tabs: Inbox (37) - ssuri@knc.du.ac.in, Sent Mail - shwetasunknc@gmail, FOUNDATION COURSE IN YOGA, Meet - iox-jwqh-rwm

URL: meet.google.com/iox-jwqh-rwm?pli=1&authuser=0



Participant: AADRIKA NAGAR

Meeting details sidebar:

- People (26)
- Chat
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Rakhi Bhardwaj
- Ridhi Jain
- RISHIKA GUPTA
- Shabnam azad
- Shivani Kheraliya
- Shivani Rawat
- Shivani Singh

Meeting controls: Meeting details, Microphone, Video, Screen share, Raise hand, Turn on captions, Present now

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Anjali Jaichand and 25 more 5:32 PM You

urja nayyar

Meeting details

Raise hand Turn on captions Present now

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17:32 09-04-2021

Inbox (37) - ssuri@knc.du.ac.in | Sent Mail - shwetasunknc@gmail | FOUNDATION COURSE IN YOGA | Meet - iox-jwqh-rwm

meet.google.com/iox-jwqh-rwm?pli=1&authuser=0

urja nayyar

Meeting details

People (25) Chat

- Mangari Patel
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Jayant
- Rakhi Bhardwaj
- Ridhi Jain
- RISHIKA GUPTA
- Shabnam azad
- Shikha Goyal
- Shivani Kheraliya

Meeting details

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17:50 09-04-2021

10-04-21

Browser tabs: Inbox (37) - ssuri@knc.du.ac.in, Sent Mail - shwetasuknc@gmail, FOUNDATION COURSE IN YOGA, Meet - ydh-kskq-gvy

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5:11 PM

Meeting details

Windows taskbar: Type here to search, 17:11 10-04-2021

Browser tabs: Inbox (37) - ssuri@knc.du.ac.in, Sent Mail - shwetasuknc@gmail, FOUNDATION COURSE IN YOGA, Meet - ydh-kskq-gvy

URL: meet.google.com/ydh-kskq-gvy?pli=1&authuser=0

5:17 PM

Meeting details

Windows taskbar: Type here to search, 17:17 10-04-2021

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meet.google.com/ydh-kskq-gvy?pli=1&authuser=0

AADRIKA NAGAR and 25 more

5:15 PM

Shivani Rawat

Meeting details

Type here to search

17:15 10-04-2021

12-04-20

Inbox (41) - ssuri@knc.du.ac.in | Inbox (194) - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - rva-bmnr-ddx | feedback form on yoga course

meet.google.com/rva-bmnr-ddx?pli=1&authuser=0

Meeting details

People (25)

- Manjari Patel
- Mansi Prajapati
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- Rakhi Bhardwaj
- Shabnam azad
- Shivani Kheraliya

Rakhi Bhardwaj (outside Kamala Nehru College) joined

lalit madaan

Meeting details

Type here to search

16:57 12-04-2021

Meeting details

People (22)

- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- Shabnam azad
- Shivani Kheraliya
- Shivani Rawat
- SHIVANI SHARMA

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

meet.google.com/vva-bmnr-ddx?pli=1&authuser=0

Meeting details

People (25)

- Manjari Patel
- Mansi Prajapati
- MEHAKPREET KAUR
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- Rakhi Bhardvaj
- Shabnam azad
- Shivani Kheraliya

Meeting details ^

Raise hand Turn on captions Present now


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16:58 12-04-2021

13-04-21

Inbox (41) - ssuri@knc.du.ac.in - x | Inbox (194) - shwetasonknc@gm... x | FOUNDATION COURSE IN YOGA x | Meet - ykj-mhyy-kgc x +

meet.google.com/ykj-mhyy-kgc?pli=1&authuser=0



Meeting details

People (28)

- HANSHIKA PANCHAL
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- Mansi Prajapati
- NISHA YADAV

Pooja Jayant has left the meeting

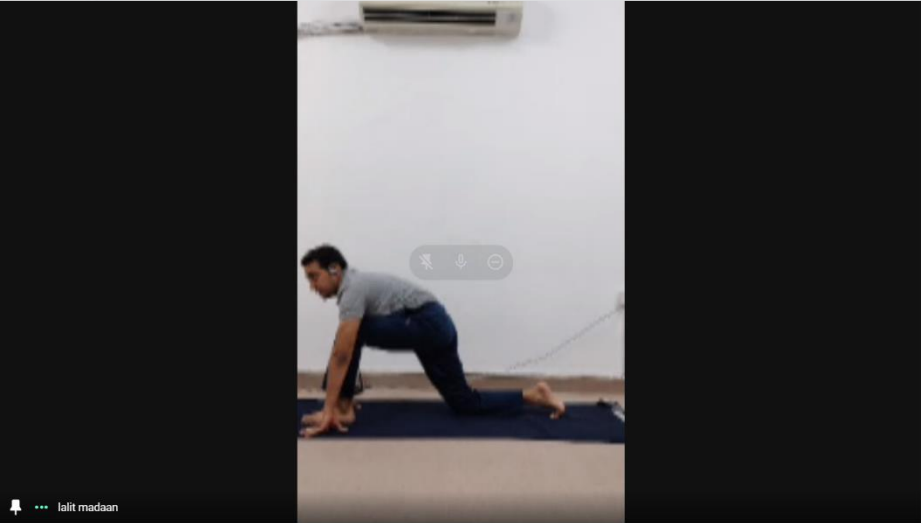
Meeting details ^

Raise hand Turn on captions Present now

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Inbox (41) - ssuri@knc.du.ac.in - x | Inbox (194) - shwetasonknc@gm... x | FOUNDATION COURSE IN YOGA x | Meet - ykj-mhyy-kgc x +

meet.google.com/ykj-mhyy-kgc?pli=1&authuser=0



Meeting details

People (26)

- HANSHIKA PANCHAL
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Pooja Jayant

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

17:02 13-04-2021



Meeting details

People (27)

- HANSHIKA PANCHAL
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- Mansi Prajapati
- NISHA VAHAV

Meeting controls: Mute, Video off, Raise hand, Turn on captions, Present now

Participant: AADRIKA NAGAR

Meeting details

People (28)

- HANSHIKA PANCHAL
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- Mansi Prajapati
- NISHA VAHAV

Meeting controls: Mute, Video off, Raise hand, Turn on captions, Present now

Participant: lalit madaan

Meeting details

People (28)

- HANSHIKA PANCHAL
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- Mansi Prajapati
- NISHA VAHAV

Meeting controls: Mute, Video off, Raise hand, Turn on captions, Present now

Participant: lalit madaan

Inbox (41) - ssuri@knc.du.ac.in | Inbox (194) - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - ykj-mhyy-kgc

meet.google.com/ykj-mhyy-kgc?pli=1&authuser=0

Meeting details

People (28)

- HANSHIKA PANCHAL
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- manisha khandelwal
- Manjari Patel
- Mansi Prajapati
- NICHHA VANAV

Meeting details ^

Windows taskbar: Type here to search, 17:06 13-04-2021

15-04-2021

Inbox (41) - ssuri@knc.du.ac.in | Inbox (193) - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - yvn-gnjg-fjc

meet.google.com/yvn-gnjg-fjc?pli=1&authuser=0

Meeting details

People (24)

- Anjali Jaichand
- Dipti Ghugtyal
- HANSHIKA PANCHAL
- ISHA CHAUHAN
- ISHA MALIK
- Kajal Kashyap
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati

Meeting details ^

Windows taskbar: Type here to search, 17:14 15-04-2021

Inbox (41) - ssuri@knc.du.ac.in - x | Inbox (193) - shwetasonknc@gm... x | FOUNDATION COURSE IN YOGA x | Meet - yvn-gnjg-fjc x +

meet.google.com/yvn-gnjg-fjc?pli=1&authuser=0

Meeting details

People (23)

- Anjali Jaichand
- Dipti Ghugtyal
- HANSHIKA PANCHAL
- ISHA CHAUHAN
- ISHA MALIK
- Kajal Kashyap
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati

Meeting details ^

Shivani Kheraliya

Meeting controls: Mute, Video off, Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:15 15-04-2021

Inbox (41) - ssuri@knc.du.ac.in - x | Inbox (193) - shwetasonknc@gm... x | FOUNDATION COURSE IN YOGA x | Meet - yvn-gnjg-fjc x +

meet.google.com/yvn-gnjg-fjc?pli=1&authuser=0

Meeting details

People (24)

- Anjali Jaichand
- Dipti Ghugtyal
- HANSHIKA PANCHAL
- ISHA CHAUHAN
- ISHA MALIK
- Kajal Kashyap
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati

Meeting details ^


lalit madaan

Meeting controls: Mute, Video off, Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:32 15-04-2021

Browser tabs: Inbox (41) - ssuri@knc.du.ac.in, Inbox (193) - shwetasoniknc@gm, FOUNDATION COURSE IN YOGA, Meet - yvn-gnjg-fjc

URL: meet.google.com/yvn-gnjg-fjc?pli=1&authuser=0



Meeting details

People (24)

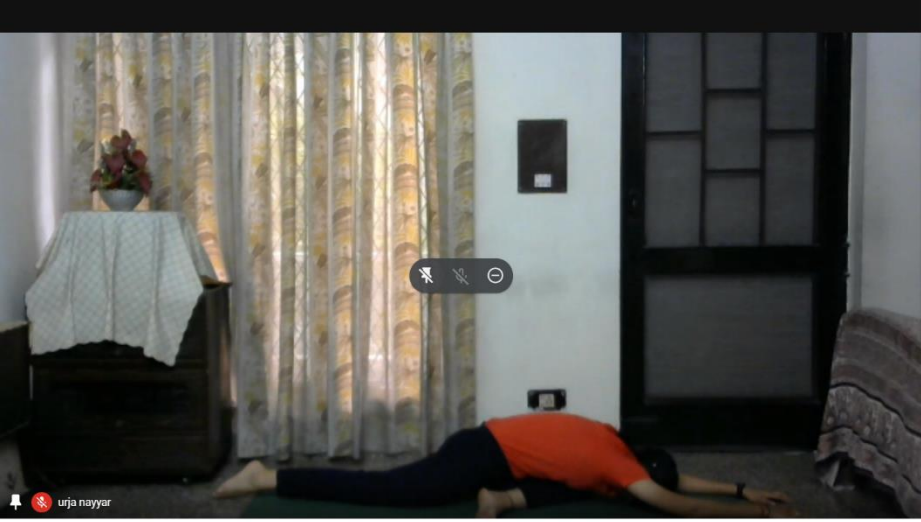
- Anjali Jaichand
- Dipti Ghugtyal
- HANSHIKA PANCHAL
- ISHA CHAUHAN
- ISHA MALIK
- Kajal Kashyap
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati

Meeting controls: Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:34 15-04-2021

Browser tabs: Inbox (41) - ssuri@knc.du.ac.in, Inbox (193) - shwetasoniknc@gm, FOUNDATION COURSE IN YOGA, Meet - yvn-gnjg-fjc

URL: meet.google.com/yvn-gnjg-fjc?pli=1&authuser=0



Meeting details

People (24)

- Anjali Jaichand
- Dipti Ghugtyal
- HANSHIKA PANCHAL
- ISHA CHAUHAN
- ISHA MALIK
- Kajal Kashyap
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati

Meeting controls: Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:35 15-04-2021

Meeting details

People (24)

- Anjali Jaichand
- Dipti Ghugtyal
- HANSHIKA PANCHAL
- ISHA CHAUHAN
- ISHA MALIK
- Kajal Kashyap
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati

Meeting details ^

Meeting controls: Mute, Video, Chat, Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, 17:40 15-04-2021

16-04-2021

Meeting details

People (22)

- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Poonam Yadav
- Rakhi Bhardwaj
- RISHIKA GUPTA
- Shabnam azad
- Shivani Kheraliya
- Shivani Rawat
- Shivani Singh

Meeting details ^

Meeting controls: Mute, Video, Chat, Raise hand, Turn on captions, lalit madaan is presenting

Windows taskbar: Type here to search, 17:39 16-04-2021

lalit madaan is presenting

Hatha Yoga tradition

- Nath cult had contributed a lot for the development of Hatha Yoga tradition
- The Hatha Yoga has become more famous because of its efficiency in solving the day-to-day problems of health.
- Regular Practice of Hatha Yoga Practices-
  - Asana
  - Pranayama
  - Mudra
  - Bandha

16-Apr-21

meet.google.com/obr-mzjx-zfh?pli=1&authuser=0

Meeting details

People (21)

- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Poonam Yadav
- Rakhi Bhardwaj
- RISHIKA GUPTA
- Shivani Kheraliya
- Shivani Rawat
- Shivani Singh
- urja nayyar

Meeting details ^

Turn on microphone (ctrl + j)

Raise hand Turn on captions Present now

Type here to search

17:57 16-04-2021

17-04-2021

meet.google.com/oww-most-wo?pli=1&authuser=0

lalit madaan is presenting

Shivani Singh and 5 more

5:03 PM

## True nature of Yoga

- Yoga is a highway for happiness & success.
- Material pleasures cannot give true satisfaction or joy.
- There is no limit that our expectations & desires can fulfill.
- Continue doing your duties without expectations.
- Such neutral attitude towards the duties of life is YOGA

Meeting details ^

Turn on microphone (ctrl + j)

Raise hand Turn on captions lalit madaan is presenting

Type here to search

17:03 17-04-2021

meet.google.com/oww-most-vwo?pli=1&authuser=0

6:08 PM

Meeting details

Turn off microphone (off + d)

Raise hand Turn on captions Present now

Type here to search

18:08 17-04-2021

19-04-2021

meet.google.com/dlx-yoia-xga?pli=1&authuser=0

17:47

Meeting details

People (19) Chat

- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Pooja Rawat
- Shabnam azad
- Shivani Kheraliya
- Shivani Rawat
- CUJIVANI CUADMA

Meeting details

Turn off microphone (off + d)

Raise hand Turn on captions Present now

Type here to search

17:47 19-04-2021

Inbox (42) - ssuri@knc.du.ac.in - x | Sent Mail - shwetasuknc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - dix-yoia-xga - x

meet.google.com/dix-yoia-xga?pli=1&authuser=0

Meeting details

People (20)

- lalit madaan
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Pooja Rawat
- Shabnam azad
- Shivani Kheraliya
- Shivani Kheraliya

Meeting details ^

Type here to search

17:49 19-04-2021

Inbox (42) - ssuri@knc.du.ac.in - x | Sent Mail - shwetasuknc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - dix-yoia-xga - x

meet.google.com/dix-yoia-xga?pli=1&authuser=0

Meeting details

People (21)

- chanchal
- Dipti Ghugtyal
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- Manjari Patel
- Mansi Prajapati
- NISHA YADAV
- Shivani Kheraliya
- Kajal Kashyap
- AACHI SINHA
- Anjali Jaichand
- AADRIKA NAGAR
- urja nayyar
- Shivani Rawat
- Dipti Ghugtyal
- lalit madaan
- SHIVANI SHARMA
- Mansi Prajapati
- MALVIKA TANDON
- chanchal
- Manjari Patel
- ISHA CHAUHAN
- Shabnam azad
- lalit madaan
- NISHA YADAV
- Shiksha Goyal
- Pooja Rawat

Meeting details ^

Type here to search

18:07 19-04-2021

21-04-2021



Inbox (42) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail | FOUNDATION COURSE IN YOGA | Meet - sny-afse-ggu

meet.google.com/sny-afse-ggu?pli=1&authuser=0

Meeting details

People (23)

- Mansi Prajapati
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- Rakhi Bhardwaj
- RISHIKA GUPTA
- Shabnam azad
- Shivani Kheraliya
- Shivani Rawat
- Shivani Singh

Meeting details ^

Windows taskbar: Type here to search, 16:57 21-04-2021

Inbox (42) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail | People in FOUNDATION COURSE | Meet - sny-afse-ggu

meet.google.com/sny-afse-ggu?pli=1&authuser=0


5:33 PM You

Meeting details ^

Windows taskbar: Type here to search, 17:33 21-04-2021

Inbox (42) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail.com | People in FOUNDATION COURSE | Meet - sny-afse-ggu

meet.google.com/sny-afse-ggu?pli=1&authuser=0



AADRIKA NAGAR and 16 more

5:34 PM

Dipti Ghugtyal

Meeting details


Raise hand Turn on captions Present now

Type here to search

17:34 21-04-2021

Inbox (42) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail.com | People in FOUNDATION COURSE | Meet - sny-afse-ggu

meet.google.com/sny-afse-ggu?pli=1&authuser=0



AADRIKA NAGAR and 16 more

5:50 PM

Shivani Kheraliya

Meeting details


Raise hand Turn on captions Present now

Type here to search

17:50 21-04-2021

Inbox (42) - ssuri@knc.du.ac.in x Sent Mail - shwetasuknc@gmail.com x People in FOUNDATION COURSE x Meet - sny-afse-ggu x

meet.google.com/sny-afse-ggu?pli=1&authuser=0




Rakhi Bhardwaj and 16 more 5:53 PM You

Meeting details Meeting controls: Mute, Video, Chat, Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, Taskbar icons, System tray: 17:53, 21-04-2021

Inbox (42) - ssuri@knc.du.ac.in x Sent Mail - shwetasuknc@gmail.com x People in FOUNDATION COURSE x Meet - sny-afse-ggu x

meet.google.com/sny-afse-ggu?pli=1&authuser=0



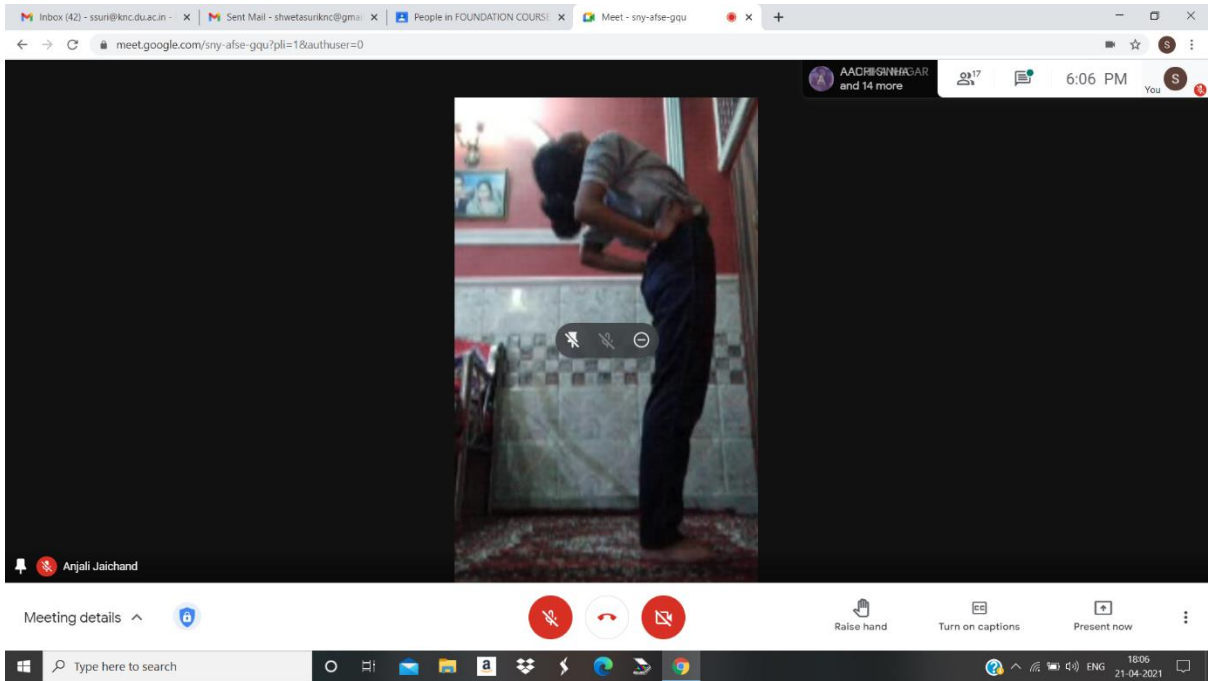
AACHI SINHA and 15 more 6:02 PM You

ISHA CHAUHAN

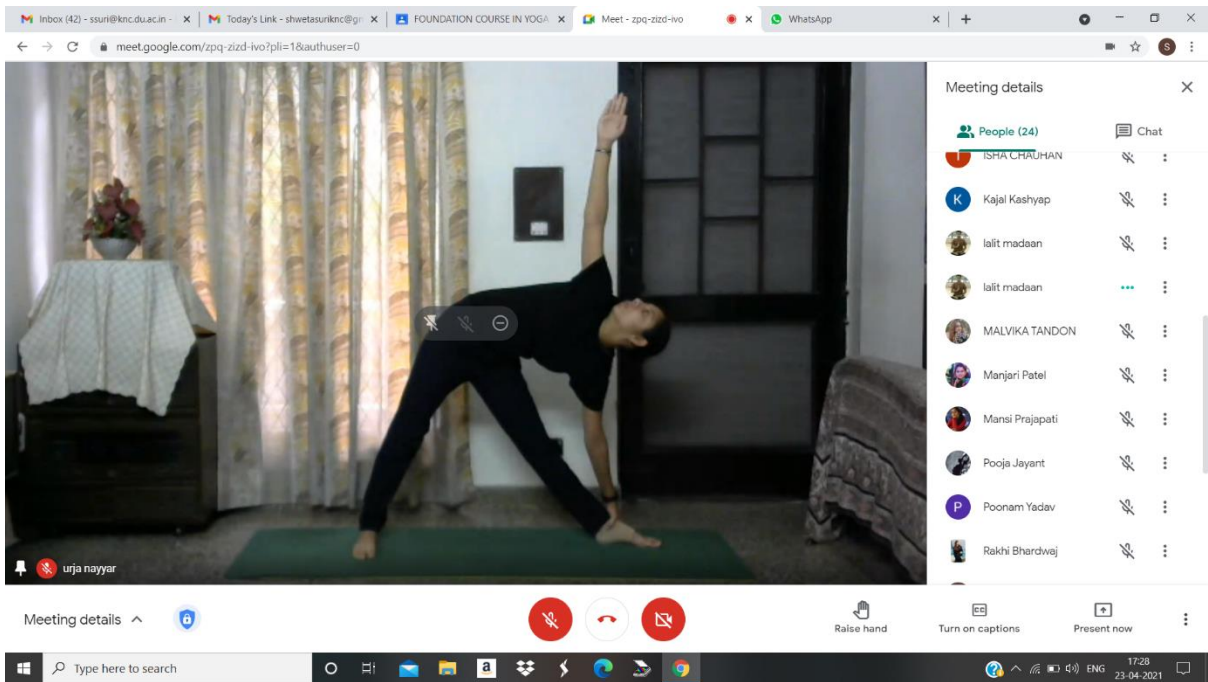
Pooja Rawat (outside Kamala Nehru College) joined

Meeting details Meeting controls: Mute, Video, Chat, Raise hand, Turn on captions, Present now

Windows taskbar: Type here to search, Taskbar icons, System tray: 18:02, 21-04-2021



23-04-21



Inbox (42) - ssuri@knc.du.ac.in - x Today's Link - shwetasuknc@gri FOUNDATION COURSE IN YOGA x Meet - zpq-zizd-ivo x WhatsApp x

meet.google.com/zpq-zizd-ivo?pli=1&authuser=0

Meeting details

People (22) Chat

- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- MALVIKA TANDON
- Mansi Prajapati
- Pooja Jayant
- Poonam Yadav
- Rakhi Bhardwaj
- RISHIKA GUPTA

ISHA CHAUHAN

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

17:45 23-04-2021

Inbox (42) - ssuri@knc.du.ac.in - x Today's Link - shwetasuknc@gri FOUNDATION COURSE IN YOGA x Meet - zpq-zizd-ivo x

meet.google.com/zpq-zizd-ivo?pli=1&authuser=0

Mansi Prajapati and 19 more

5:58 PM

AADRIKA NAGAR

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

17:58 23-04-2021

24-04-21

Inbox (43) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - vmh-pedx-ruu

meet.google.com/vmh-pedx-ruu?pli=1&authuser=0

Meeting details

People (22) Chat

- Kajal Kashyap
- lalit madaan
- Mansi Prajapati
- NISHA YADAV
- Pooja Jayant
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav
- RISHIKA GUPTA
- saryu ruhela

HANSHIKA PANCHAL joined

Meeting details ^

Windows taskbar: Type here to search, 17:18 24-04-2021

Inbox (43) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - vmh-pedx-ruu

meet.google.com/vmh-pedx-ruu?pli=1&authuser=0

Meeting details

People (21) Chat

AADRIKA NAGAR and 18 more

5:25 PM

Shivani Kheraliya


Meeting details ^

Windows taskbar: Type here to search, 17:23 24-04-2021

Inbox (43) - ssuri@knc.du.ac.in - x | Sent Mail - shwetaskinc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - vmh-pedx-ruu - x +

meet.google.com/vmh-pedx-ruu?pli=1&authuser=0

HANSHIKA PANC... and 18 more 2:21 5:30 PM You



AADRIKA NAGAR

Meeting details ^


Raise hand Turn on captions Present now

Type here to search

Inbox (43) - ssuri@knc.du.ac.in - x | Sent Mail - shwetaskinc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - vmh-pedx-ruu - x +

meet.google.com/vmh-pedx-ruu?pli=1&authuser=0

Pooja Jayant and 18 more 2:21 5:36 PM You



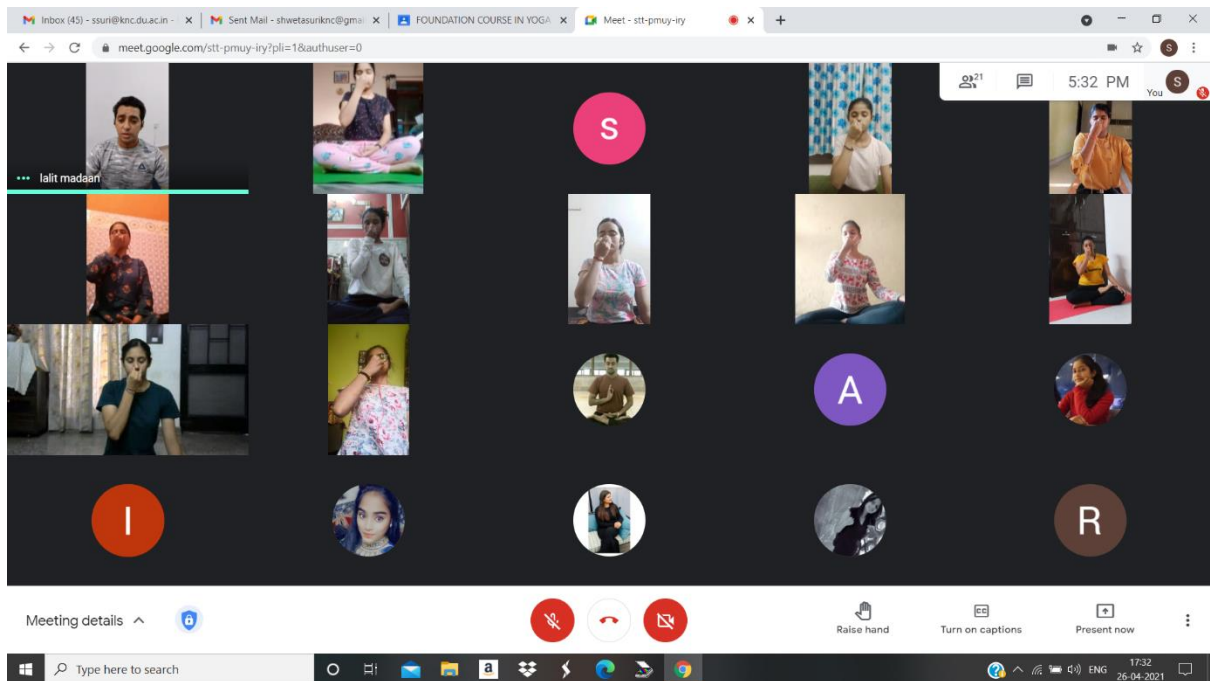
urja nayyar

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

26-04-21



28-04-21



Inbox (45) - ssuri@knc.du.ac.in - x | Inbox (195) - shwetasuknc@gm... | FOUNDATION COURSE IN YOGA x | Meet - chz-jyvx-qjd | Nothing is Impossible in the wor... x | +

meet.google.com/chz-jyvx-qjd?pli=1&authuser=0

Meeting details

People (20) Chat

Mute all Add people Host controls

IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- ISHA CHAUHAN
- Kajal Kashyap

Meeting details ^

Windows taskbar: Type here to search, 17:37, 28-04-2021

Inbox (45) - ssuri@knc.du.ac.in - x | Inbox (195) - shwetasuknc@gm... | FOUNDATION COURSE IN YOGA x | Meet - chz-jyvx-qjd | Nothing is Impossible in the wor... x | +

meet.google.com/chz-jyvx-qjd?pli=1&authuser=0

Meeting details

People (21) Chat

Mute all Add people Host controls

IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- ISHA CHAUHAN
- Kajal Kashyap


Meeting details ^

Windows taskbar: Type here to search, 17:38, 28-04-2021

5-5-21

Inbox (47) - ssuri@knc.du.ac.in - x Attendance Committee Notice - x FOUNDATION COURSE IN YOGA x Meet - roo-hgag-ovp x +

meet.google.com/roo-hgag-ovp?pli=1&authuser=0



Meeting details Meeting details x

People (19) Chat

- chanchal
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- Manjari Patel
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav

Meeting details Meeting details ^


Raise hand Turn on captions Present now

Type here to search

17:48 05-05-2021

Inbox (47) - ssuri@knc.du.ac.in - x Attendance Committee Notice - x FOUNDATION COURSE IN YOGA x Meet - roo-hgag-ovp x +

meet.google.com/roo-hgag-ovp?pli=1&authuser=0



Meeting details Meeting details x

People (19) Chat

- chanchal
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- Manjari Patel
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav

Meeting details Meeting details ^

Raise hand Turn on captions Present now

Type here to search

17:54 05-05-2021

Inbox (47) - ssuri@knc.du.ac.in - x Attendance Committee Notice - x FOUNDATION COURSE IN YOGA x Meet - roo-hgag-ovp x +

meet.google.com/roo-hgag-ovp?pli=1&authuser=0

Meeting details

People (19)

- chanchal
- ISHA CHAUHAN
- Kajal Kashyap
- lalit madaan
- lalit madaan
- Manjari Patel
- NISHA YADAV
- Pooja Jayant
- Pooja Rawat
- Poonam Yadav

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

1801 05-05-2021

Inbox (47) - ssuri@knc.du.ac.in - x Attendance Committee Notice - x FOUNDATION COURSE IN YOGA x Meet - roo-hgag-ovp x +

meet.google.com/roo-hgag-ovp?pli=1&authuser=0

Meeting details

People (19)

Mute all Add people Host controls

IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- ISHA CHAUHAN
- Kajal Kashyap

Meeting details ^

Raise hand Turn on captions Present now

Type here to search

1804 05-05-2021

6-05-21

Inbox (47) - ssuri@knc.du.ac.in - x | Sent Mail - shwetasuknc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - fyi-ekkg-why - x +

meet.google.com/fyi-ekkg-why?pli=1&authuser=0

Meeting details

People (17) Chat

All muted Add people Host controls

IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- ISHA CHAUHAN
- lalit madaan

Meeting details ^

Raise hand Turn on captions Present now

Inbox (47) - ssuri@knc.du.ac.in - x | Sent Mail - shwetasuknc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - fyi-ekkg-why - x +

meet.google.com/fyi-ekkg-why?pli=1&authuser=0

Meeting details

AADRIKA NAGAR and 15 more

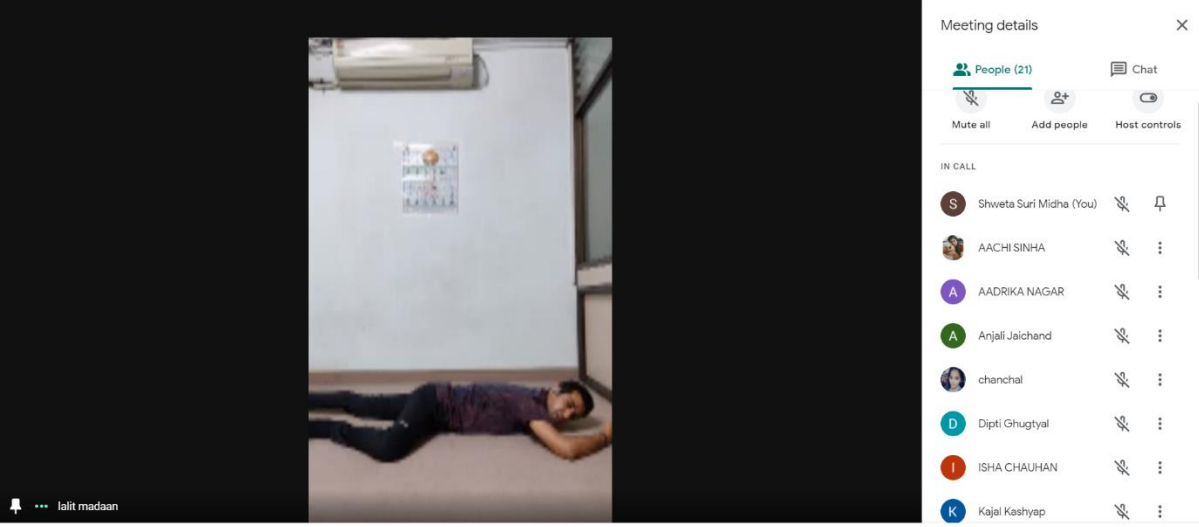
4:48 PM

Meeting details ^

Raise hand Turn on captions Present now

Inbox (47) - ssuri@knc.du.ac.in - x Sent Mail - shwetasuknc@gmail.com x FOUNDATION COURSE IN YOGA x Meet - fyj-ekog-why x +

meet.google.com/fyj-ekog-why?pli=1&authuser=0



Meeting details Meeting details x

People (21) Chat

Mute all Add people Host controls

IN CALL


- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- Dipti Ghugtyal
- ISHA CHAUHAN
- Kajal Kashyap

Meeting details Meeting details x

Raise hand Turn on captions Present now

Inbox (47) - ssuri@knc.du.ac.in - x Sent Mail - shwetasuknc@gmail.com x FOUNDATION COURSE IN YOGA x Meet - fyj-ekog-why x +

meet.google.com/fyj-ekog-why?pli=1&authuser=0



Meeting details Meeting details x

People (20) Chat

Mute all Add people Host controls

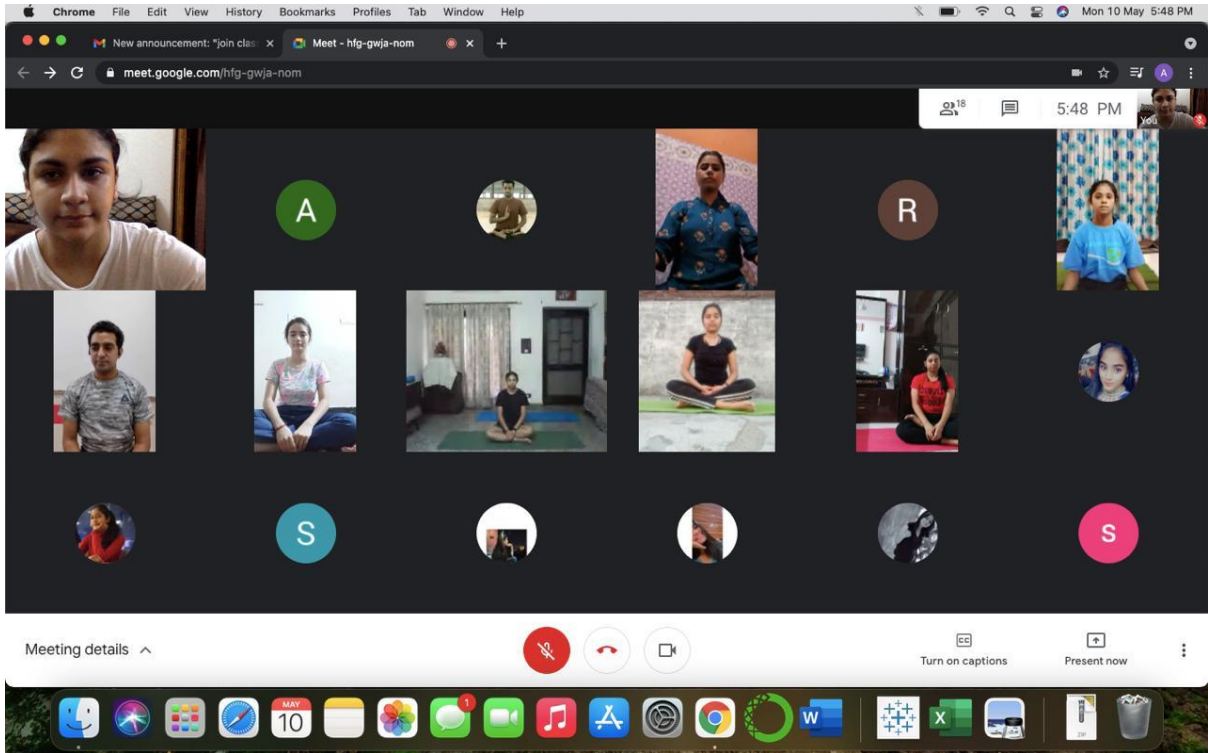
IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- Dipti Ghugtyal
- ISHA CHAUHAN
- Kajal Kashyap

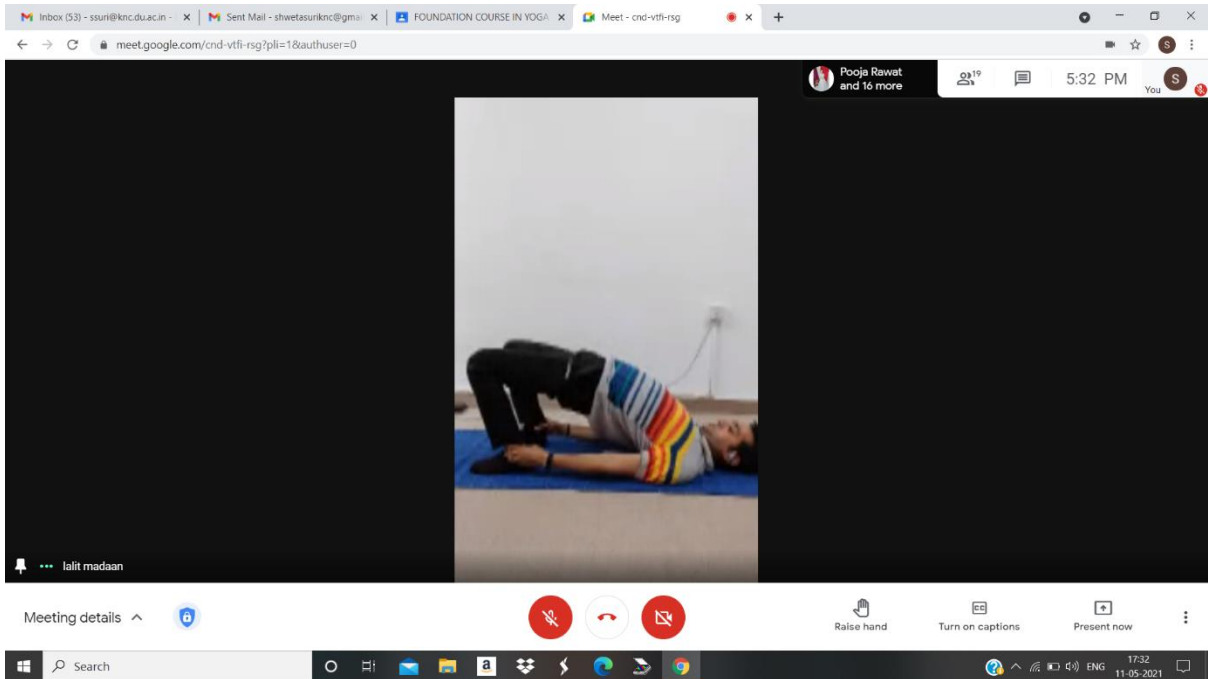
Meeting details Meeting details x

Raise hand Turn on captions Present now

10-05-21



11-05-21



Inbox (53) - ssuri@knc.du.ac.in - x | Sent Mail - shwetasknc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - cnd-vtfl-rsg - x +

meet.google.com/cnd-vtfl-rsg?pli=1&authuser=0

RISHIKA GUPTA and 16 more 5:35 PM You

Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Windows taskbar: Search, 17:35 11-05-2021

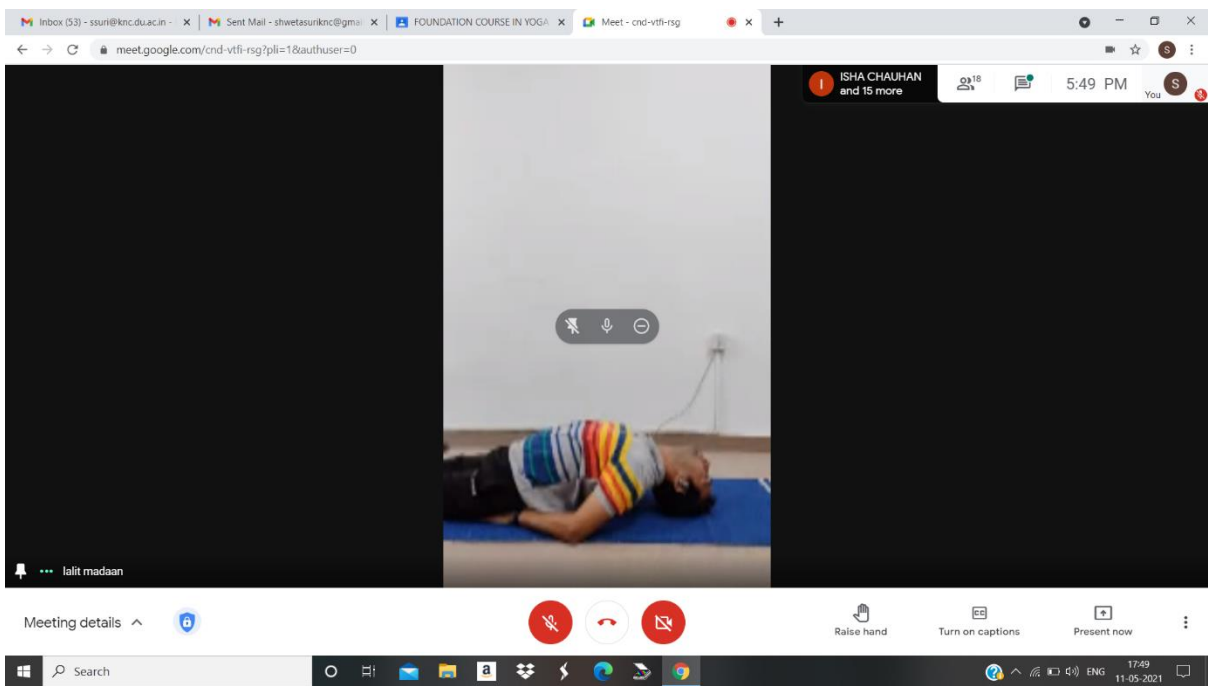
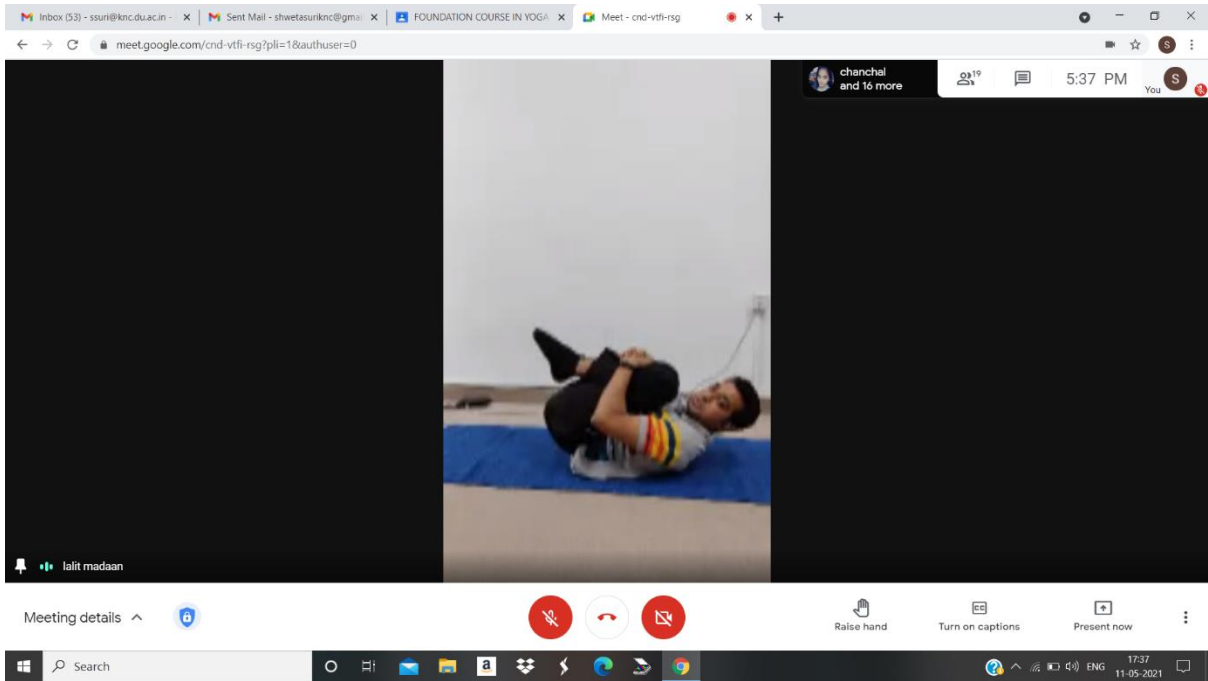
Inbox (53) - ssuri@knc.du.ac.in - x | Sent Mail - shwetasknc@gmail.com - x | FOUNDATION COURSE IN YOGA - x | Meet - cnd-vtfl-rsg - x +

meet.google.com/cnd-vtfl-rsg?pli=1&authuser=0

AACHI SINHA and 16 more 5:36 PM You

Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Windows taskbar: Search, 17:36 11-05-2021




12-05-21



Inbox (55) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - eqs-iesy-xdc

meet.google.com/eqs-iesy-xdc?pli=1&authuser=0



Meeting details

People (21) Chat

Mute all Add people Host controls

IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- Dipti Ghugtyal
- ISHA CHAUHAN

Meeting details ^

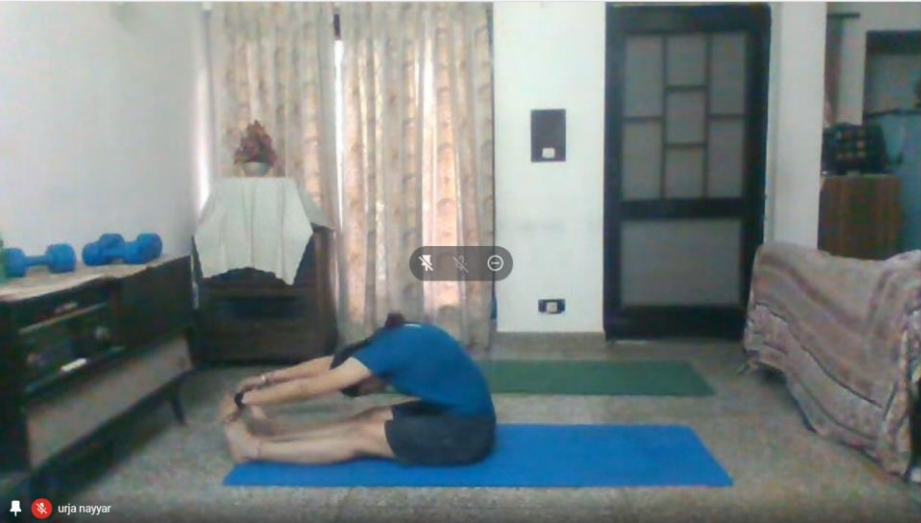
Raise hand Turn on captions Present now

Search

17:55 12-05-2021

Inbox (55) - ssuri@knc.du.ac.in | Sent Mail - shwetasuknc@gmail.com | FOUNDATION COURSE IN YOGA | Meet - eqs-iesy-xdc

meet.google.com/eqs-iesy-xdc?pli=1&authuser=0



Meeting details

People (21) Chat

Mute all Add people Host controls

IN CALL

- Shweta Suri Midha (You)
- AACHI SINHA
- AADRIKA NAGAR
- Anjali Jaichand
- chanchal
- Dipti Ghugtyal
- ISHA CHAUHAN

Meeting details ^

Raise hand Turn on captions Present now

Search

17:56 12-05-2021

This screenshot shows a Google Meet window with a single participant, 'urja nayyar', performing a yoga pose (Urdhva Dhanurasana) on a blue mat in a room. The meeting details panel on the right shows 21 people in the call, including Shweta Suri Midha (You), AACHI SINHA, AADRIKA NAGAR, Anjali Jaichand, chanchal, Dipti Ghugtyal, and ISHA CHAUHAN. The Windows taskbar at the bottom shows the time as 17:56 on 12-05-2021.

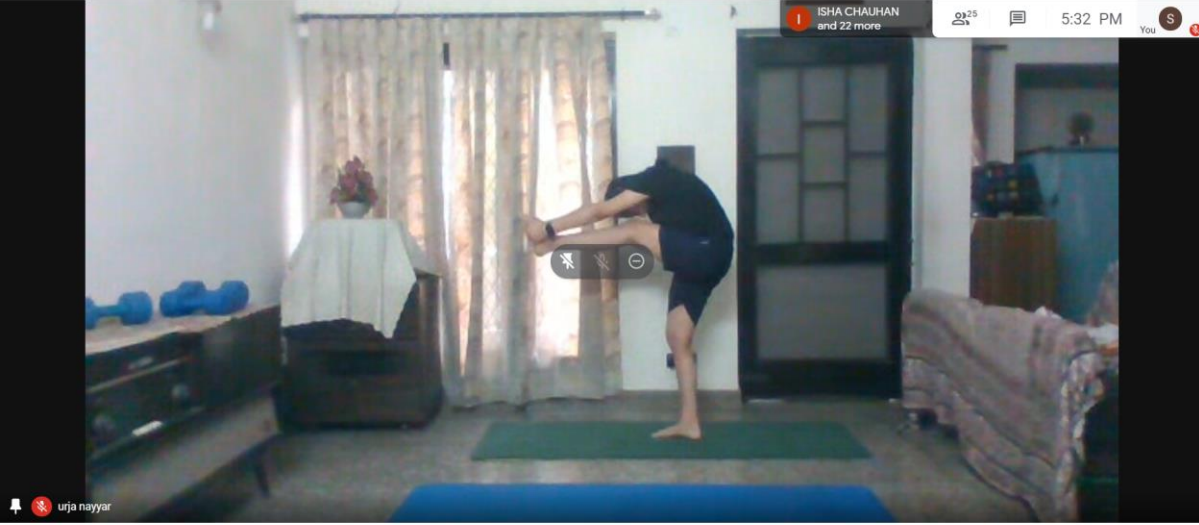
This screenshot shows a Google Meet window with 21 participants in a grid view, all performing yoga poses. The meeting details panel on the right lists the participants: Kajal Kashyap, lalit.madaan, Lalit Madaan, Manjari Patel, Mansi Prajapati, NISHA YADAV, Pooja Jayant, Pooja Rawat, Poonam Yadav, saryu ruhela, Shivani Kheraliya, AADRIKA NAGAR, urja nayyar, Dipti Ghugtyal, Pooja Rawat, Pooja Jayant, chanchal, Mansi Prajapati, lalit madaan, and Manjari Patel. The Windows taskbar at the bottom shows the time as 18:05 on 12-05-2021.

13-05-21

Browser tabs: Inbox (58) - ssuri@knc.du.ac.in, Sent Mail - shwetasuknc@gmail.com, People in FOUNDATION COURSE, Meet - qbw-mmmv-vwo

URL: meet.google.com/qbw-mmmv-vwo?pli=1&authuser=0

Meeting header: ISHA CHAUHAN and 22 more, 5:32 PM, You



Meeting controls: Meeting details, Mute, Video off, Raise hand, Turn on captions, Present now

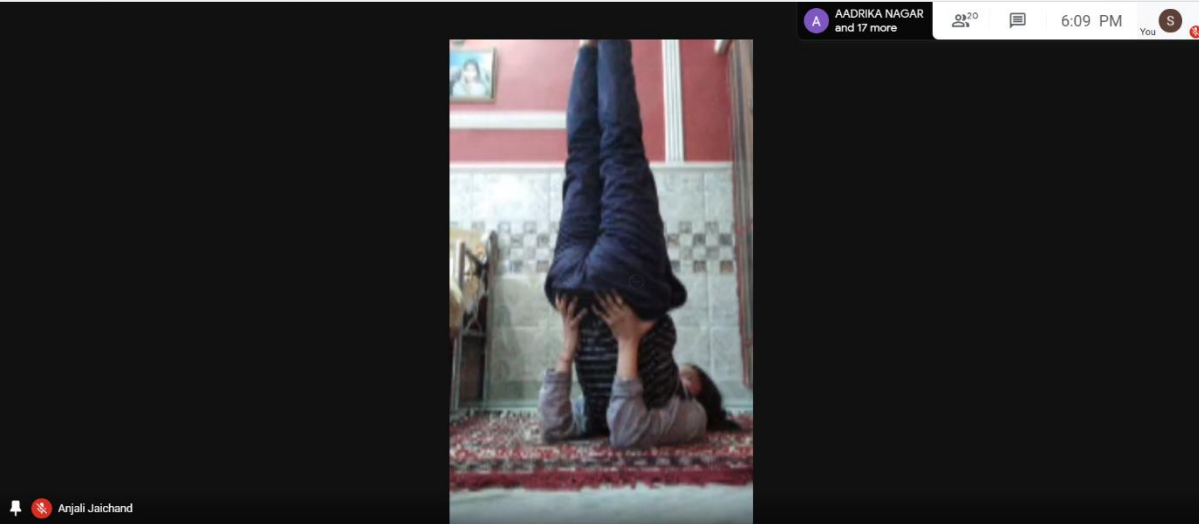
Windows taskbar: Search, File Explorer, Edge, Chrome, 17:32 13-05-2021

14-05-21

Browser tabs: Inbox (56) - ssuri@knc.du.ac.in, Inbox (198) - shwetasuknc@gmail.com, Foundation course in yoga-Test, Meet - znz-ijph-fje

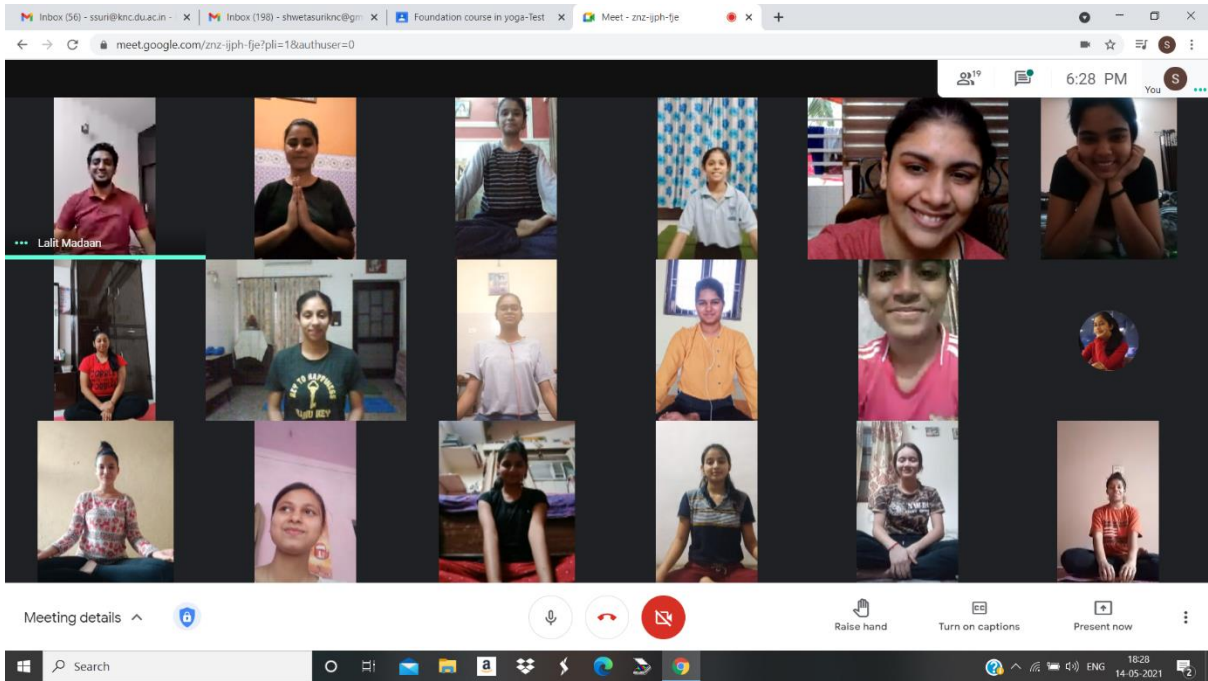
URL: meet.google.com/znz-ijph-fje?pli=1&authuser=0

Meeting header: AADRIKA NAGAR and 17 more, 6:09 PM, You

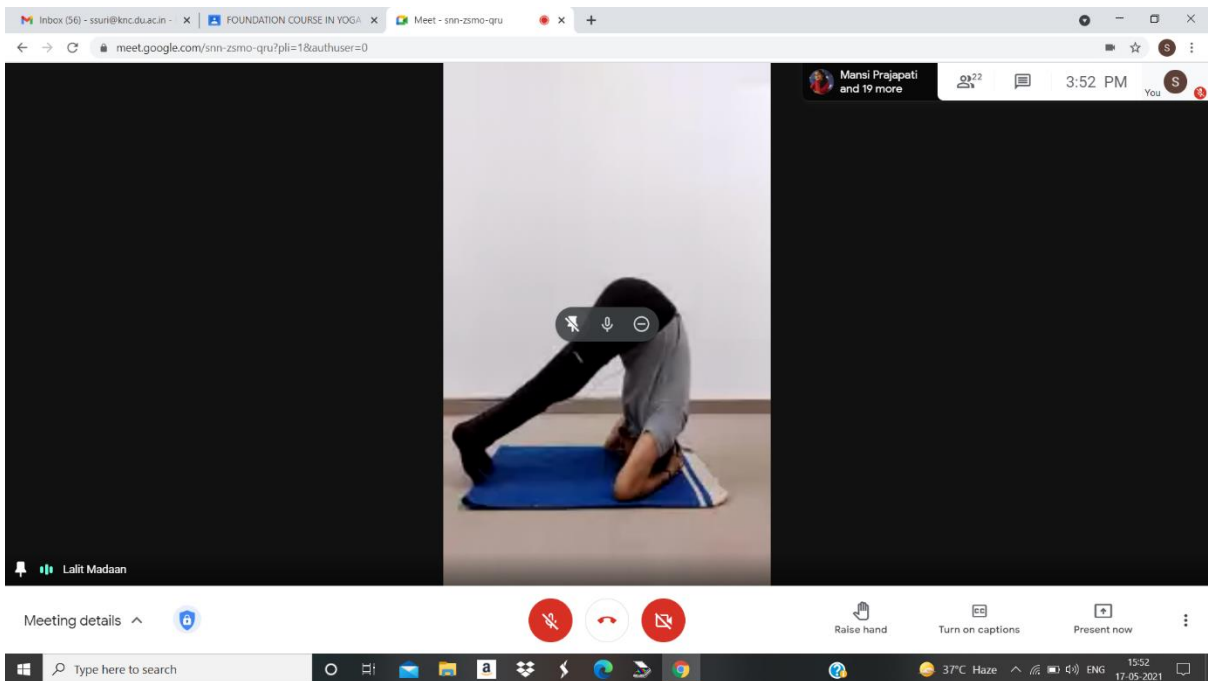


Meeting controls: Meeting details, Mute, Video off, Raise hand, Turn on captions, Present now

Windows taskbar: Search, File Explorer, Edge, Chrome, 18:09 14-05-2021




## 17-05-21 (Last Day)



Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



AACHI SINHA and 19 more 3:53 PM You

Lalit Madaan


Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 15:53 17-05-2021

Detailed description: This screenshot shows a Google Meet window. The main video feed displays a person in a black long-sleeved shirt and grey shorts performing a handstand on a blue mat. The person's legs are raised and bent at the knees. The background is a plain white wall. The meeting interface includes a top bar with browser tabs, a header with the meeting ID and time (3:53 PM), a name bar for 'AACHI SINHA and 19 more', and a bottom control bar with icons for mute, video, and chat. A Windows taskbar is visible at the bottom with the search bar and system tray.

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



Akaniksha yadav and 22 more 4:23 PM You

Shivani Rawat


Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:23 17-05-2021

Detailed description: This screenshot shows a Google Meet window. The main video feed displays a person in a white t-shirt and black pants standing with their arms raised above their head. The person is in a room with a light green wall and a patterned curtain. The meeting interface includes a top bar with browser tabs, a header with the meeting ID and time (4:23 PM), a name bar for 'Akaniksha yadav and 22 more', and a bottom control bar with icons for mute, video, and chat. A Windows taskbar is visible at the bottom with the search bar and system tray.

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-gru x +

meet.google.com/snn-zsmo-gru?pli=1&authuser=0



Akanaksha yadav and 21 more 4:24 PM You

Manjari Patel


Mansi Prajapati  
Aadrika music ki awaaz ni aari shi

Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:24 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-gru x +

meet.google.com/snn-zsmo-gru?pli=1&authuser=0



Lalit Medaan and 21 more 4:24 PM You

Manjari Patel

Shivani Kheraliya  
Ji\*

lalit madaan  
mute kar lijiye baki sb

Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:24 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



AADRIKA NAGAR and 20 more 2:23 4:25 PM You

RISHIKA GUPTA

Shivani Kheraliya  
Hi vhi

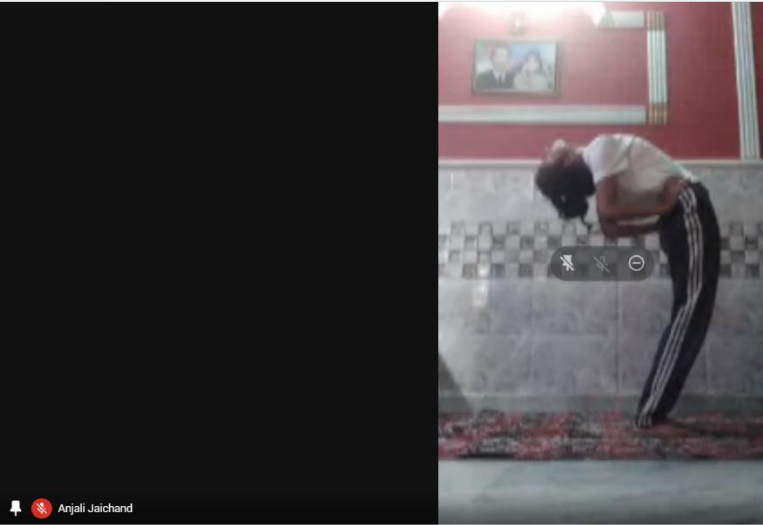
Meeting details ^

Raise hand Turn on captions Present now

Type here to search 37°C Haze 16:25 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



Dipti and 21 more 2:24 4:26 PM You

Anjali Jaichand

Meeting details ^


Raise hand Turn on captions Present now

Type here to search 37°C Haze 16:26 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0

AADRIKA NAGAR and 21 more 4:27 PM You



Pooja Jayant


Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:27 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0

AACHI SINHA and 18 more 4:28 PM You



NISHA VADAV has left the meeting Kajal Kasiyap


Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:28 17-05-2021



Inbox (56) - ssuri@knc.du.ac.in x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



ISHA CHAUHAN

Anjali Jaichand and 19 more

4:29 PM

Meeting details ^


Raise hand Turn on captions Present now

Type here to search

37°C Haze 16:29 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



AACHI SINHA

AADRIKA NAGAR and 20 more

4:30 PM

Meeting details ^


Raise hand Turn on captions Present now

Type here to search

37°C Haze 16:30 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



Akaniksha yadav and 20 more 4:32 PM You


Kajal Kaश्यप

Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:32 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



Akaniksha yadav and 20 more 4:33 PM You


AADRIKA NAGAR

Meeting details Meeting controls: Raise hand, Turn on captions, Present now

Type here to search 37°C Haze 16:33 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



AADRIKA NAGAR and 20 more 4:33 PM You

Dipti

Meeting details ^

Raise hand Turn on captions Present now

Type here to search 37°C Haze 16:33 17-05-2021

Inbox (56) - ssuri@knc.du.ac.in - x FOUNDATION COURSE IN YOGA x Meet - snn-zsmo-qru x +

meet.google.com/snn-zsmo-qru?pli=1&authuser=0



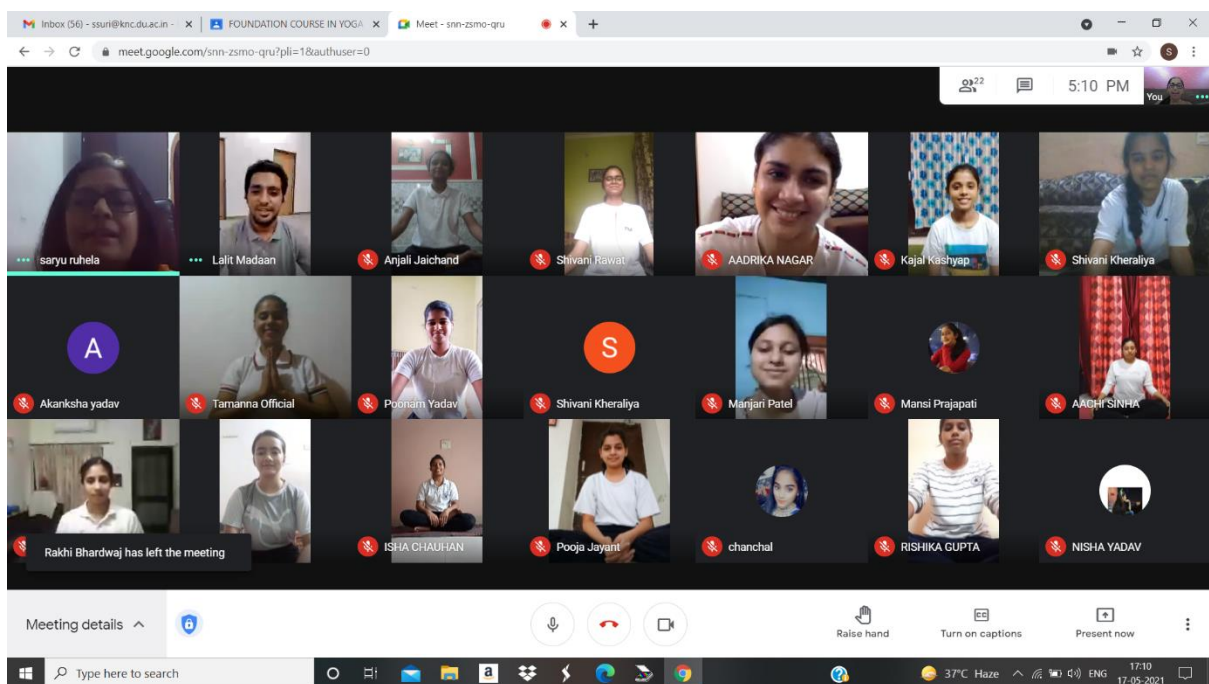
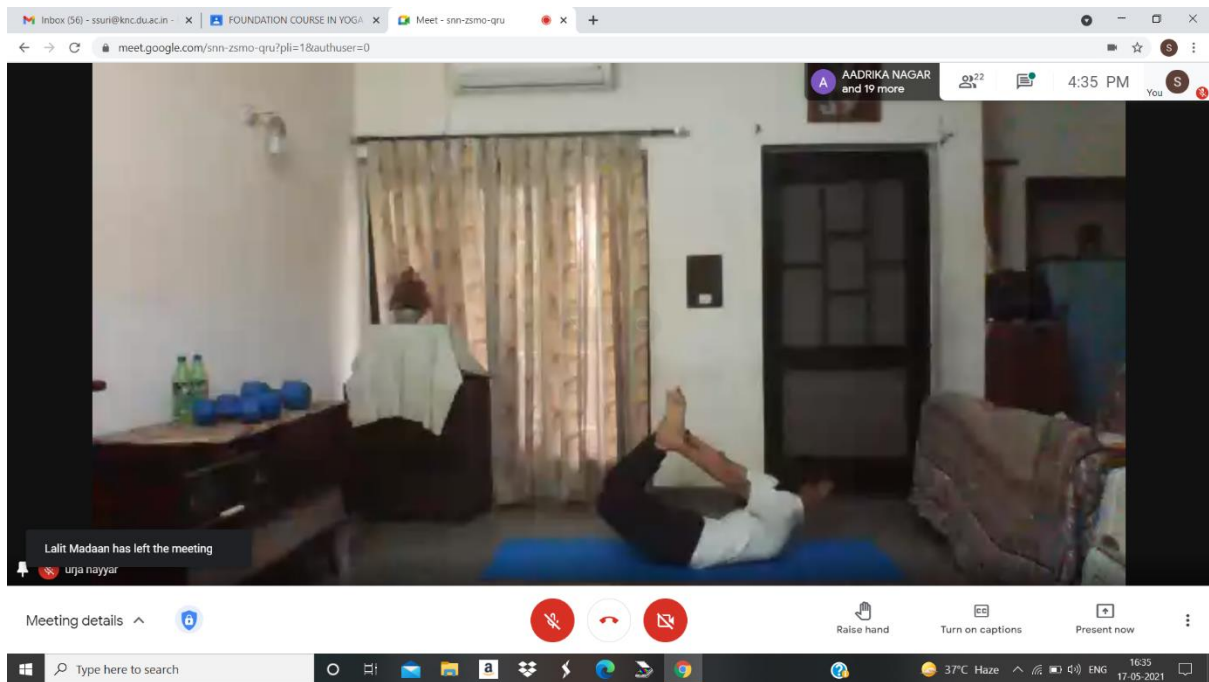
Akanksha yadav and 20 more 4:34 PM You

Tamanna Official

Meeting details ^

Raise hand Turn on captions Present now

Type here to search 37°C Haze 16:34 17-05-2021



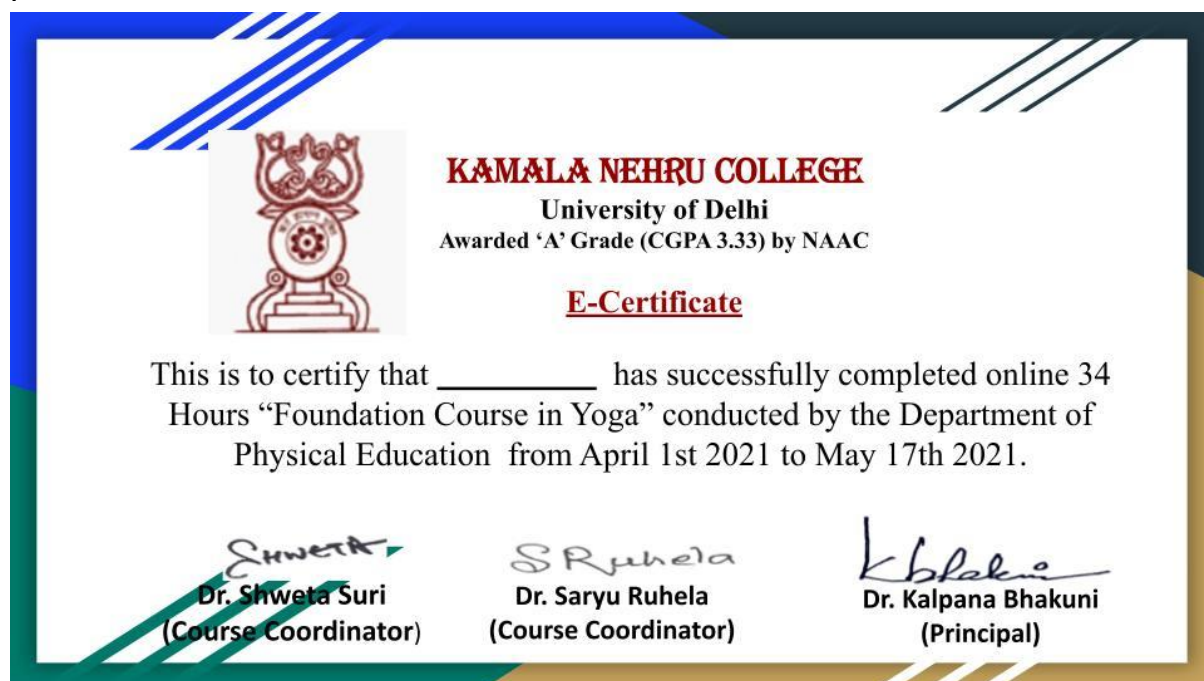
## Test Questions

1. Which leg is used first while performing standing asanas?
2. What are the two basic asanas in which we sit before starting sitting asanas?
3. What is counter pose?
4. Which pattern we follow in asanas when we bend forward and when we bend backward.
5. The word yoga is derived from which sanskrit word and what is the meaning of this word.
6. What are the three types of asanas.
7. What is sectional breathing?
8. Write down the various types of padmasana.
9. What should we keep in mind while performing asanas.

10. Which breathing pattern we follow while going up and while going down.
11. Why we should keep our back straight while sitting in sukhasana/ ardhpadamasana for prayer.
12. What is the difference between suksham vyayama and sthula vyayama
13. What are the 12 steps of surya namaskara? Name them
14. What are the counter pose of these asanas:
  - a) Pashchimottan asana
  - b) Ardhushttrasana
15. What is the difference between nadi shodhan and anuloma viloma
16. What are the benefits of kapalbhati
17. Why we perform relaxative asanas specially Shavasana
18. What is Puraka, rechaka and kumbhaka.
19. Write down the benefits of deep breathing.

FEEDBACK FORM LINK

<https://forms.gle/cRtBtPh9L4vcASLh9>



## COURSE REPORT

Total 40 students had registered for 34-hour Foundation Course in Yoga conducted by the Department of Physical Education from 1<sup>st</sup> April to 17<sup>th</sup> May. Initially 30 students started with the course but due to current pandemic situation and for some personal reasons 10 students left the course in between. The course was well attended by rest of the 20 participants. 34 hours were completed in 29 days, in which the students were given the knowledge in yoga skills following the syllabus of the course. On the day of completion, the participants demonstrated various asanas which they have learnt throughout the course. The participants also shared views of their journey of this course. The course ended with the vote of thanks to the Principal madam, Yogacharya Lailit Madaan and the participants.