How did you find the course?

- **It was great!**: 88%
- **It was ok.**: 12%

Rating of the facilitator

- **Excellent and insightful**: 48%
- **Satisfactory and met my expectations**: 40%
- **Very good and helpful**: 16%

If this course was offered again, would you take it again? Would you recommend your juniors to take it?

- **No**: 8%
- **Yes**: 84%
- **H**: 4%
can't say
Everything
H

Indian philosophical views on today's world stress and problems
Interaction and enthusiasm of professor
like this course
practical session
Resource person
sir was great, learnt too many things and try to apply those learnings in daily life.
That it had real life implications and insights
the course is very important to those who are mentally stressed
the practical classes
The yoga classes at Ashram
There was clarity in what it had to offer and gave answers to confusions caused during decision making, in as precise a manner as possible.
yoga
Yoga and meditation
yoga classes
yoga classes
Yoga Practical
(blank)
I personally advice other friends to join this class because this class is more important in our life related to health.

It is a must attend course for all students, since we are all faced with difficult times at some point in our lives and we need to have clarity in terms of what we want to pursue. It was great to do this course. Yoga is very useful in our life. Its very helpful in your life and for health also. My experience was great and you must join the course because only after that you will experience the true joy.

nice and enlightening

Nice course if interested in knowing about Indian culture and more on self discovery

nice course in iitd

no opinion

Really good to understand mind body relation, practice of yoga and a healthy spiritual life

Strongly recommended. Just go for it.

That it is a good course to help make choices in life

you are going to understand the life as a whole, what it means what to do to live a peaceful life.

(Blank)

Grand Total