How did you find the course?

- It was great! 83%
- It was ok. 17%

Rating of the facilitator

- Excellent and insightful 67%
- Satisfactory and met my expectations 8%
- Not so good and can improve. 8%
- Very good and helpful 17%

How will you rate the facilitator(s) of the course?
- Excellent and insightful
- Not so good and can improve.
- Satisfactory and met my expectations
- Very good and helpful

Recommend juniors to take it?

- Yes 59%
- No 8%
- (blank) 33%

If this course was offered again, would you take it again? Would you recommend your juniors to take it?
- No
- Yes
- (blank)
What did you like the most about the course?

**VEV731 by Shri Adinarayanan**

- Everything was great in the course be it theory, life experiences or practices. I was nice experience.
- Got some insight on Indian medical sciences
- He had immense knowledge about what he was saying
- Inner dynamic of body and mind
- It was full of logical explanations for things which i considered 'superstition' before attending this course.
- meditation
- methodology and approach
- The scientific approach to different concepts related to life.
- Yogic and ayurvedic learning

*(blank)*

**Grand Total**

Describe your course experience to a fellow student

**VEV731 by Shri Adinarayanan**

- A course that will transform you
- food for thought on lifestyle modifications
- Good to have an idea about Ayurveda and Yoga. But it's too short to get a hang of it
- I will describe about the day to day lifestyle can be improved by using these things.
- I would definitely recommend the course. It helps in understanding our body and brain much better through the lenses of indian science which we hardly got the chance in our school or college curriculum. The course is very insightful and practical as well.
- I would recommend him/her to join this course.
- Must do it it's wonderful experience
- The course was ok. It was more like open ended discussion rather than a well structured course on yoga or Ayurveda. One can gain really very basic knowledge in these 15 hours, in which actually alot could have been taught.
- you should do this course very powerful and life changing experience

*(blank)*

**Grand Total**