

Criteria 2.3. : Teaching-learning Process

Metric: 2.3.1 Students centric methods used for enhancing learning experiences

Date: July 2017- June 2022

- **Integrated learning:** Integrated learning provides a more relevant and practical education to the students. Institution allows students to develop their skills and to acquire knowledge by using modern technology.



- **Participated learning:** There is an intentional sequence of activities where learners are involved actively. These are some glimpse where students are actively participating in various activities like Poster presentation, Dance, Skits, Acts and sports which helps to improve their overall personality, self-confidence, self-esteem and make them more energetic.



- **Problem solving methodologies:** Students are participating in activities like group discussion, debate, and sharing their thoughts with other to improve their communication skills, problem solving strategies, confidence and thought process.



- **Evidence based learning:** Here is the list of the students of dissertation

Table 1: List of B.Sc. 6th Semester Student for Dissertation (2019-2022)

S. No.	Enroll No.	Roll No.	Name	Topic
1	196162	1119001	Abhinav Kumar	Effect of Yoga on Physical Fitness
2	196307	1119002	Abhishek Maurya	Effect of yoga on depression : A literature review
3	196272	1119003	Aditi Katoch	Effect of Yoga on Hypertension
4	196273	1119004	Akansha Mishra	Effect of Yoga on Obesity: a literature review
5	196182	1119005	Akhil Vats	Effect of yoga on type 2 diabetes mellitus: a systematic reviews
6	196181	1119007	Anamika Bisht	Effect of Ujjayi Pranayama on hypothyroidism: a research reviews
7			Not submitted	
8	196198	1119009	Anjali Chaudhary	Effect of yoga nidra on stress: a literature review
9	196288	1119010	Anu	Effect of yoga on anxiety in women: a literature review
10	196329	1119012	Ashish Pandey	Effect of 6 week yoga intervention on hyperthyroidism
11	196324	1119013	Avni Tyagi	Effect of yoga on ADHD: a literature review
12	196330	1119014	Bhavishya Gaba	Effect of Sukshma Vyayama on cervical spondylosis: a case study
13	196331	1119015	Bhavna Sahu	Effect of Yogasanas and Pranayama on Type-2 Diabetes Mellitus: a research reviews
14	196185	1119016	Bhawana Joshi	Effect of Neti on Sinusitis: a research review
15		1119017	Chanchal	Effect of Yoga on Back Pain: a review
16	196354	1119018	Chetna Chauhan	Effect of yoga on stress: a research reviews
17	196355	1119020	Chiranjivi Neupane	Integrated Yogic Management of PCOD: A Case Study
18	196319	1119023	Dipti Bharti	Effect of yoga on hypertension: a literature review
19	196227	1119024	Gayatri	Effect of yoga on health: a literature review
20	196244	1119025	Jiya Chaudhary	Effect of yoga on pregnancy: a case study
21	196357	1119026	Kartik Thakur	Effect of yoga on geriatrics: a holistic approach: a literature review
22	196388	1119027	Km. Aditi Saini	Impact of yoga in obesity management among school going children: a literature reviews

23	196410	1119028	Km. Megha	Effect of yoga on Lungs Capacity: a literature review
24	196370	1119029	Km. Pooja	Effect of yoga on attention: a literature review
25	196212	1119030	Km. Soumya rni	Effect of yoga Menstrual Disorder: a literature review
26	196400	1119031	Krishna Rathi Daxivedi	Effect of pranayama on COPD: A literature survey
27	196221	1119032	Maitreyi	A comparative analysis of Mental health and Psycho-immunity in Yajna and Nanyajna group: An ex-post facto research
28	196195	1119033	Mansi Tyagi	Effect of Aromatherapy on Sleep Quality: a research reviews
29	196276	1119034	Mansi Bhandari	Literature review on effect of yoga on migraine
30	196332	1119035	Mohan Shah	Effect of yoga on coronary artery disease: a literature survey
31	196335	1119036	Mohit Pal	Effect of Yoga on Physical Fitness
32	196153	1119037	Nikita Saini	Effect of yoga on autonomic nervous system: a systematic study
33	196196	1119038	Piyush Namdev	Effect of Yoga on Drug Addiction
34	196270	1119039	Poonam Devi	Role of yoga intervention in cardiorespiratory fitness: a literature review
35	196180	1119041	Praveen	Effect of Jalneti in allergic rhinitis: a research reviews
36	196284	1119042	Priyanka	Effect of pranayama on anxiety: a literature review
37	196211	1119043	Rahul Verma	Effect of yoga on obesity: a literature review
38	196183	1119044	Ravi Kakran	Literature review on Effect Of yoga On Migraine
39	196350	1119045	Ravina	Effect of yoga on chronic obstructive pulmonary disease (COPD): a literature reviews
40	196408	1119046	Riddhi Asati	Effect of yoga on concentration: a literature review
41	196161	1119048	Sakshi	Effect of Yoga Prana Vidya as Complementary and Alternative therapy: a prospective study
42	196349	1119049	Shagun	Effect of Yoga on Insomnia: a literature review
43	196239	1119050	Shantanu Tyagi	Effect of yoga on type 2 diabetes: a research reviews
44	196241	1119051	Shivam Joshi	Effect of yoga on Psoriasis: a systematic study

- **Project based learning:** Project based learning gives opportunity to students to develop their knowledge and skills. Here students are improving their skills through engaging in various projects.



- **Community/Outreach activities based learning:** University also gives opportunity to students for outreach activities which improve overall personality of students.



- **Role play/Skit/ Drama:** Students are participating in various activities which helps explores them.



- **Exhibition based learning:** Students are participating in various projects, presentations, or products through which they “exhibit” what they have learned.



- **Peer teacher students tutor based learning:** Here is some glimpse of teacher instructing the students in the classroom.

