



Self Growth / Community Work Proposal

Category _____ Self-Growth _____

Name _____ Navidha Jain _____

Roll Number _____ 2020223 _____

Email _____ navidha20223@iiitd.ac.in _____

Semester (Monsoon 2020, Winter 2021 etc) _____ Monsoon 2021 _____

Title of the Project _____ Online Yoga Sessions _____

Starting Date _____ 24 _____ / _____ 09 _____ / _____ 2021 _____

Tentative Ending Date _____ 25 _____ / _____ 11 _____ / _____ 2021 _____

Organization Name _____ IIITD _____

Organization Details _____ IIITD- Engineering college _____

Supervisor at Organization _____ Mr. Ajay Saxena _____

Supervisor Contact *Email: saxenaajay088@gmail.com*
Mob: 9810319099/9696451190

Number of Credits Proposed _____ 2 _____

Number of Hours Proposed _____ 80 _____

Number of working Hours Per Day _____ 1 _____

Goals

(Briefly illustrate what the organization wants you to achieve as part of this activity)

1. To learn the different asanas and their benefits.
2. To improve overall wellbeing.

Notes

1. Upload this file as a PDF Document as YourRollNumber-YourName-CW.pdf for CW proposal and YourRollNumber-YourName-SG.pdf for SG proposal. For example, 2017041-ChiragJain-SG.pdf
2. Discuss this proposal with your supervisor and the organization before submission.
3. You should send this form at least 2 weeks before you intend to start on your activity. If you do not hear back from us, please send a reminder email.