



Self Growth / Community Work Proposal

Category _____ Self Growth _____

Name _____ Naman Kaushik _____

Roll Number _____ 2020088 _____

Email _____ naman20088@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 _____ 4 / 11 / 2021 _____

Organization Name _____ IIITD _____

Organization Details _____ IIITD - Engineering college _____s _____

Supervisor at Organization _____ Mr. Ajay Saxena _____

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

Number of Credits Proposed _____ 1 _____

Number of Hours Proposed _____ 40 _____

Number of working Hours Per Day _____ 45 mins to 1 hr _____

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. -Sitting all day in front of a computer screen is quite unhealthy. this will enable a healthy living
3. -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.