

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
YOGA & MEDITATION



Angallu, Madanapalle – 517325, AP

YOGA sessions at MITS

Regular YOGA sessions are being held in the Yoga room (RB-204) on all working days. The class begins at 5.15 pm, and the duration of each session is about 45-60 minutes. The following topics are covered in a regular yoga class.

1. Relaxation and Prayer – 5 minutes
2. Pranayama – 10 minutes
3. Asanas – 20-25 minutes
4. Relaxation – 5 minutes
5. Meditation – 5-10 minutes

Yoga poses (asanas), breathing exercises (pranayama), and meditation are a natural part of many mindfulness activities, and they work with any religion or philosophy if they are thought simply as exercises for calming and fitness.

Many publications are revealing the impact of Yoga programs on conventional risk factors on chronic diseases such as for overweight, hypertension, high blood pressure (BP), high glucose level, and high cholesterol, etc. These conditions are commonly associated with each other. Yoga has therapeutic benefits for individuals with a wide range of health conditions, and yoga is well received as a therapeutic intervention. Yoga is also useful in reducing academic and personal stress and improving exercise tolerance as it is related to cardiovascular response.

YOGA INSTRUCTOR AND COORDINATOR

Dr. V Shanker Nath (VSN) is the Coordinator for the Yoga and Meditation Club. VSN had completed his *Master of Arts (MA) in Yoga for Human Excellence (YHE)* through Distance Education mode from Bharathiar University, Coimbatore. VSN had completed his *Post Graduation (PG) Diploma in Yoga* through Distance Education mode from Tamil Nadu Physical Education and Sports University (TNPESU), Chennai. VSN is currently pursuing his *Master of Science (MSc) in Yoga* through Distance Education mode from TNPESU, Chennai. VSN is also pursuing (currently) his *MSc in Applied Psychology* through Distance Education mode from Bharathiar University, Coimbatore.

VSN is certified as “**Yoga Wellness Instructor**” by Yoga Certification Board, Ministry of AYUSH, Government of India.

Apart from these, VSN also participated at National and International Yogasana Events/ Competitions organized by various bodies.

Research activities on YOGA at MITS

Our beloved Principal and Prof C Yuvaraj had granted permission to VSN to establish a lab (room no RB 204) to continue research activities on YOGA. VSN is currently developing the YOGA Research Lab, and as a part of this Digital Weighing Machine, Digital Blood Pressure Monitor, Digital Thermometer, Hand Grip Dynamometer had been procured. Instruments to take up the Harward Step Test to measure the fitness levels of the students will be established soon. VSN is currently collaborating with Associate Director (Research & Development), Prof S A K Jilani, to study the influence of Yoga on brain waves and various parts of the brain.

MITS also had signed a Memorandum of Understanding (MoU) with Maharshi Vedic University, Netherlands, to conduct sessions on Transcendental Meditation to the MITS community.

Future Plans of the Club

VSN is training the interested students on advanced Yoga Postures (asanas) that may be of great use to participate at National and International level Yoga Competitions and Interuniversity Yoga Competitions organized by the Indian Association of Universities (IAU).

To direct students to take up Yoga activities as a hobby. Such things will help the students to carry out research on Yoga in their free time so that they can publish the data in good journals. The students can also send their data to the Conferences, which also helps them to get their manuscript published in proceedings.

VSN has planned to collect the data on the questionnaire to analyze the personal and academic stress, depression, and frustration levels of the students.

YOGA ENDOWS US WITH EXCELLENCE BY ENHANCING OUR CONCENTRATION, CAPABILITY, AND COMMITMENT TO DISCHARGE OUR DUTIES IN A PERFECT MANNER.

International Yoga Day Celebrations - 2016
Organized by NSS Cell - MITS
21 June 2016



Submitted by: Dr. N Kumara Swamy, Dean - Recognised Research Centre

Second International yoga day was celebrated at MITS, Madanapalle on 21st June 2016. On this occasion eminent people from MITS shared and cherished their experiences. Dr Ram Kumar vice principal said that Yoga is an invaluable gift of ancient Indian tradition. He narrated various events caused to celebrate International Yoga day all over the world. Dr Rama Prasad Rao, Dean (IIIC) said that Yoga is the best medicine to solve problems and to keep away from diseases. Dr S. Prabhakar Dean (PG Programmes) shared his experiences with their colleagues in U.K regarding to Yoga practices. Dr N. Kumaraswamy, Dean (RRC) and Coordinator, Yoga & Meditation Club, who is the trainer for Yoga, said that Yoga is not an exercise but to discover the sense of oneness within ourselves and with the world and nature. He explained the benefits of Yoga to maintain good health and to achieve goals in one's life. At the end of the session he taught the faculty, Research scholars and students about different yoga Asanas, Surya Namaskaram and Pranayamam.

కురబలకోటలో..

మండలంలోని అంగళ్లు మిట్స్, ఎస్వీటీఎం, విశ్వం కళాశాలల్లో మంగళవారం యోగాదే జరిగింది. విద్యార్థులు, అధ్యాపకులు ఉత్సాహంగా పాల్గొన్నారు. అంతర్జాతీయ యోగాదేను పురస్కరించుకుని జరిగిన ఈ కార్యక్రమంలో వక్తలు మాట్లాడుతూ విద్యార్థులు సక్సెస్ కావడానికి యోగా తోడ్పడుతుందన్నారు.



మిట్స్ లో

The Yoga Centre at MITS celebrated International Yoga Day on 21 June 2016, The Principal Dr.C.Yuvaraj motivated students of MITS that yoga is best practice to keep health and peace of mind. Dr Rama Prasad Rao, Dean (IIC) said that Yoga is the best medicine to solve problems and to keep away from diseases. Dr S. Prabhakar Dean (PG Programmes) shared his experiences with their colleagues in U.K regarding to Yoga practices.The Management congratulated the organizing team for the efforts in conducting the International yoga day celebrations.



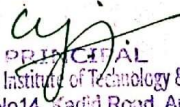
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MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

YOGA AND MEDITATION CLUB

LIST OF STUDENTS ENROLLED FOR, "REGULAR YOGA SESSIONS" A Y: 2015-16)

SL NO	REGISTRATION NUMBER	NAME OF THE STUDENT	BRANCH AND SECTION	SIGNATURE
1	14691A0382	Laksho. O	MECH	Laksho
2	14691A0285	Madhu Krishna.	MECH	Madhu
3	14691A0322	Vamsidhar	"	Vamsi
4	14691A0514	Jeevas Reddy	C/E	Jeevas
5	14691A0525	Narudras	"	Narudras
6	14691A0582	Nermada. K	"	Nermada
7	14691A0414	Ajitha Mohan	ECE	Ajitha
8	14691A0415	Naveen. B	"	Naveen
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