

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. VSN had collaborated with Mr. Sreenivas Ankamreddy, Assistant Professor (Physiotherapy), NRI Medical College, Vijayawada for combined research. Jointly, their

paper titled, "Knowledge and Practice of Yoga in Adolescent Girls," has been selected for Oral presentation at "6th International Conference on Psycho-Spiritual Approach to Yoga," organized by Indian Association of Yoga (New Delhi), at Uttarakhand Sanskrit University, Haridwar scheduled on 22-23rd February 2020. The manuscript will be published in the journal titled, "International Journal of Yoga and Allied Sciences (UGC Listed Journal)."

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.

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(UGC - AUTONOMOUS)

Approved by AICTE, New Delhi & Affiliated to JNTUA, Ananthapuramu
Accredited by NBA, Recognized under section 2(F) & 12 (B) of the UGC act 1956
World Bank Funded Institute, An ISO 9001 - 2008 Certified Institution
First Recognized Research Centre under JNTUA, Recognized as SIRO by DSIR

Report on

International Yoga Day 2018



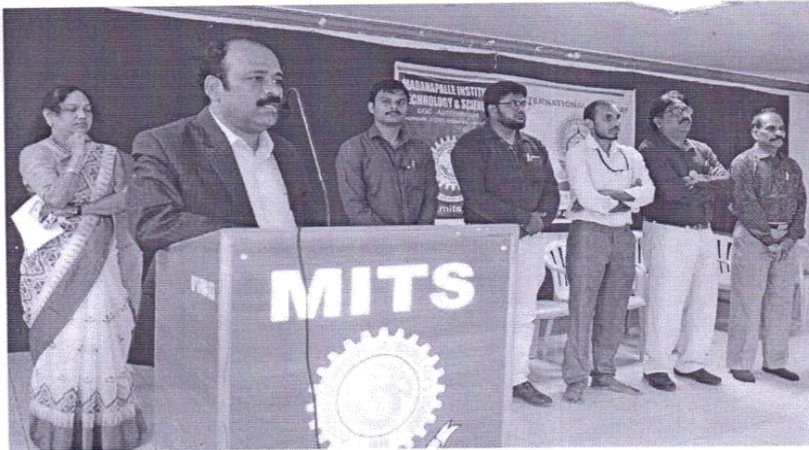
EVENT - 2

INTERNATIONAL DAY OF YOGA 2018

DATE: 21 – JUNE – 2018

VENUE: MAIN SEMINAR HALL

Event Details: The 4th International Day of Yoga was celebrated in the Main Seminar Hall. Honourable Principal, Dr C Yuvaraj was the Chief Guest for this celebration. Dean IIIC had also participated actively in the event and gave a motivational speech to the students encouraging them to practice Yoga. Mr V Shankemath, Assistant Professor, Department of Mechanical Engineering, M I T S, has trained the students as per the Yoga Protocol released by the Ayush Department, Government of India.




PRINCIPAL
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MADANAPALLE-517 325, A.P.

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

Yoga and Meditation Club

List of students enrolled for, "Regular Yoga Sessions" (Academic Year: 2017-18)

Sl No	Registration Number	Name of the Student	Branch and Section	Signature
1	17691A0282	Sukta reddy	EEE	Sukta
2	17691A0294	Dinen . D	EEE	Dinen
3	17691A0522	Fauk . C	CSE	Fauk
4	17691A0545	Naveen K	CSE	Naveen
5	17691A0215	Hari Kiran . T	EEE	Hari Kiran
6	17691A0413	Hari Hathi Goud . P	EECE	Hari
7	17691A0237	Dawa Prasad . C	MECH	Dawa Prasad
8	17691A0363	Balaji . C	MECH	Balaji
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Principal
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 Po.Box No.14, Rajini Road, Ang.
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