

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.

MITIS also had signed a Memorandum of Understanding (MoU) with Maharshi Vedic University, Netherlands, to conduct sessions on Transcendental Meditation to the MITIS 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 - 2015
Organized by NSS Cell - MITS
21 June 2015



Submitted by: Dr. N. Kumaraswamy, Professor, Dean-RRC and Club Advisor

Yoga and Meditation Club was formally inaugurated at MITS on 31st October 2015 by Chief Guest, Mr Christopher Waters, Retired Senior Officer, FDI, Australia and Mrs. Geetha Waters - Writer and Educationalist - Australia, Dr. C Yuvaraj - Principal, Mr. V Nagabhushanam - Education Consultant and Dr. N. Kumaraswamy, Dean-RRC and Club Advisor.

Dean-RRC and the Club Advisor, Dr. N Kumaraswamy gave opening remarks. He explained the objectives of Yoga and Meditation club and the importance of Yoga therapy for a comfortable and healthy living of humans.

The Chief Guest, Mr. Christopher Waters addressed the audience. He appreciated the Institution as a leading engineering college in this area for taking the initiative in introducing Yoga and Meditation to youth under the guidance of Dr. N Kumaraswamy. He also added that Yoga and Meditation were originated from this land and the sooner everybody realized the benefits of Yoga and spread throughout the world. Yoga and Meditation actively encourage us to be aware of ourselves as physical and psychological forces which operate on the environment and depend upon it for survival. Gone are the days when it was sufficient for educational institutions to consider a good certificate as evidence of the quality of education provided within its walls. The inclusion of extra-curricular activities which proved the interest in the students to take responsibility for their physical and mental state of health. And this is an assertive step towards a holistic approach of living and learning.

Mrs Geetha Waters, Guest of Honor narrated the importance of both yoga and meditation in developing a healthy body and a healthy mind. They work well together since the impact of thoughts on our psyche and our physiology can be monitored through meditation which focuses attention on the nature of thinking and learning about ourselves.

Mr. Nagabhushanam V, Education Consultant said that Meditation is not just a physical activity but a state of mind. Meditation without awareness is no meditation at all. He also added that “Being aware of every single activity in day to day life is part of meditation”.

Dr. C. Yuvaraj, Principal shared his experiences in Yoga and Meditation and advised all students to practice Yoga and Meditation for a holistic development.

సాక్షి 1.11.2015

వ్యక్తిత్వ వికాసం.. విజయానికి సోపానం




మిట్స్ లో మాట్లాడుతున్న ఆస్ట్రేలియా ఆఫీసర్ క్రిస్టోఫర్ వాట్స్

కురబలకోటి: యోగాతో వ్యక్తిత్వ వికాసం అందడుకుందని తద్వారా విజయానికి సోపానంగా మారగలదని ఆస్ట్రేలియా ఎఫ్ టిఐ మాజీ ఆఫీసర్ క్రిస్టోఫర్ వాట్స్ ఉద్ఘోషించారు. మదనపల్లి సమీపంలోని ఆంగ్ల మిట్స్ ఇంజనీరింగ్ కళాశాల్లో యోగా అండ్ మెడిటేషన్ ఆంపంపై శనివారం అధ్యాపకులకు, విద్యార్థులకు అవగాహన కార్యక్రమం జరిగింది. ఈ సందర్భంగా ఆయన మాట్లాడుతూ ప్రపంచంలో 117 దేశాలు యోగాను ఆంగీకరించాయన్నారు. దీనిపై పరిశోధనలు కూడా జరుగుతున్నాయన్నారు. మనుషు-శరీరానికి అనుసంధానంగా యోగా పనిచేస్తుందన్నారు. విజీ ప్రపంచంలో మనిషికి మనశ్శాంతి కరువై యంత్రంలా మారుతున్నారన్నారు. మనుషుపై ఆదుపు, గిట్టుం వైపు చూపు ఉండాలన్నారు. ఇందుకు యోగా లోహాచుకుతుందన్నారు. మనిషిని పడుసుగా ఉంచుతుందన్నారు. ఏరంగంలోనైనా విజయాన్ని సాధించడానికి ఏకాగ్రత ఉండాలన్నారు. వాస్తవంలో కంటే టెక్నాలజీతో ఎక్కువ గడుపుతున్నారన్నారు. విద్యార్థులు ఉన్నతంగా రాబోయేదాంట్ల నమయిపోలన, సుక్ష్మస్వప్న దోహద పడతాయన్నారు. డిగ్రీ, పట్టాలు వ్యక్తిని ఉన్నత స్థానాలకు తీసు వెళ్లలేదన్నారు. ప్రణాళిక, తపన, కష్టపడే తత్వమే మనిషిని రాలు దేన్ని లక్ష్యంవైపు పురికొల్పుతుందన్నారు.

కేసనాడు 1.11.2015


యోగాతో మానసిక ఒత్తిడి మోయం



యోగా అవగాహన సదస్సులో మాట్లాడుతున్న క్రిస్టోఫర్ వాట్స్

కురబలకోటి, స్కూన్టుడే: యోగాతో మానసిక ఒత్తిడి దూరమవుతుంది ఆస్ట్రేలియాకు చెందిన ఎఫ్ టిఐ విశ్రాంత అధికారి క్రిస్టోఫర్ వాట్స్ పేర్కొన్నారు. శనివారం మిట్స్ ఇంజనీరింగ్ కళాశాలలో 'యోగా అండ్ మెడిటేషన్ హబ్' అనే అంపంపై ఏర్పాటు చేసిన కార్యక్రమానికి ఆయన ముఖ్యఅతిథిగా విచ్చేసి ప్రసంగించారు. బారతదేశంలో పుట్టిన యోగా ప్రపంచంలోని 117 దేశాలకు విస్తరించిందన్నారు. యోగా మనిషికి ఆత్మంక ముఖ్యమైన సాధనంగా అభివ్రాయవచ్చు. ముఖ్యంగా ఇంజనీరింగ్ విద్యార్థులు, అధ్యాపకుల్లో రికర కాల మానసిక, శారీరక ఒత్తిళ్లు ఉంటాయన్నారు. వాటి నుంచి బయటపడాలంటే సరైన ఆయువం యోగా చేయ దమని తెలిపారు. కార్యక్రమంలో గీతావాణ్ణి, వాగదూ షణం, కళాశాల ప్రిన్సిపల్ సి.యువలాజ్, ఐఐఐటీ డీన్ డాక్టర్ రాంప్రసాదరావు, విద్యార్థులు తదితరులు పాల్గొన్నారు.

కార్యక్రమంలో పాల్గొన్న అధ్యాపకులు, విద్యార్థులు



The chief guest for the day, Mr. Christopher Waters addressed the audience. He appreciated the Institution as a leading engineering college in this area for taking the initiative in introducing Yoga and Meditation to youth under the guidance of Dr. N Kumaraswamy. He also added that Yoga and Meditation were originated from this land and the sooner everybody realized the benefits of Yoga and spread throughout the world. The students and the staff are happy for the introduction of the Yoga and Meditation club. The Students, Staff and the Dean-RRC and the Club Advisor, Dr. N Kumaraswamy extends their heartfelt thanks to the Management and the Principal for the support extended.


PRINCIPAL
 Madanapalle Institute of Technology & Science
 P.O. Box No: 14, Kadiri Road, Angallu
 MADANAPALLE-517 325, A.P.

Madanapalle Institute of technology & science

Yoga and meditation club

List of students enrolled for, "regular yoga sessions" Academic Year: 2014-15)

Sl no	Registration Number	Name of the student	Branch and section	Signature
1	13691A0304	M. Aravind	ME	Aravind
2	13691A0312	S. Bharath	ME	Bharath
3	13691A0516	L.C. Kiran	CSE	Kiran
4	13691A0444	Ruparath	ECE	Ruparath
5	13691A0463	Navindha	ECE	Navindha
6	13691A0521	H. Raj Kiran	CSE	Raj Kiran
7	13691A0542	J. Chandea	CSE	Chandea
8	13691A0282	T. Mathew	EEE	Mathew
9				
10				
11				
12				
13				
14				
15				
16				
17				

PRINCIPAL
 Madanapalle Institute of Technology & Science
 Po.Box No.14, Hiddin Road, Angallu
 MADANAPALLE-517 325, A.P