



MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

(UGC-AUTONOMOUS INSTITUTION)

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NAAC Accredited with A+ Grade, NIRF India Rankings 2022 - Band: 251 - 300 (Engg.)
NBA Accredited - B.Tech. (CIVIL, CSE, ECE, EEE, MECH), MBA & MCA

Report on Introduction to Yoga & Meditation (A path to inner well-being and good mental health)

Organized by

Yoga & Meditation Club

Student Activity Center (SAC)

Date: 29-12-2022

Venue: Seminar Hall-C



Submitted by: Yoga & Meditation Club

Resource persons:

1. Dr. Krishna Chaitanya Katakam
Assistant Professor
Mechanical department
2. Dr. Surojith Poddar
Assistant Professor
Mechanical department

Number of participants: 45

Introduction:

The word Yoga is derived from the Sanskrit word ‘Yog’ which means ‘Jod’ in Hindi or ‘union’ in English. This is the joining of ‘*Jivatam*’ (Human) with ‘*Parmatma*’ (God). Through the practice of Yoga, one can have Self-realization and achieve God. ‘*Yog*’ word became Yoga in English. For a simple person, Yoga is another form of physical exercise. By doing physical exercises, one can develop only body muscles. But through Yoga, one achieves the conditioning of even all the internal organs like the heart, brain, spleen, liver, lungs, intestines, etc. Apart from these vital organs, through Yoga all the glands, like the thyroid, pituitary, and penial glands of the brain, function better.

Yoga education also helps students to equip themselves with basic knowledge about one’s personality, and to learn to handle themselves well in all life situations. It enables us to learn techniques for gaining good health, develop a discriminative mind capable of knowing the real from

the unreal, and to face the dualities of life with equanimity. Yoga education can enhance all the activities of the students, be it academic or sports, or social. Yoga techniques provide improved attention in studies, better stamina and coordination for sports, and a heightened awareness and balanced attitude for social activity.

Objectives of Yoga & Meditation Club:

The major objective of the club is to prepare the students physically and mentally for the integration of their physical, mental and spiritual states so that the students can become healthier, saner, and more integrated members of society and of the nation.

Yoga education helps in self-discipline and self-control, leading to an immense amount of awareness, concentration, and a higher level of consciousness. Briefly, the aims and objectives of the Yoga and meditation club are:

- 1) To enable the student to have good mental and physical health.**
- 2) To practice mental hygiene.**
- 3) To possess emotional stability.**
- 4) To integrate moral values.**
- 5) To attain a higher level of consciousness.**

All these objectives could be dealt with in an integrated manner.

The program started at 5 PM with a prayer song followed by an introductory lecture on Yoga and Meditation by the faculty coordinator Dr. Krishna Chaitanya Katakam. The program was successfully initiated by explaining the true meaning of Yoga and its real importance in the present stressful work field among the students and the faculty. The program is a completely interactive and thought-provoking session between the audience and the instructor. The students understood the real purpose of human life and came to an understanding of balancing professional and personal life with equal priority.

After an interesting and enlightened session, the instructor explained the importance and benefits of practicing meditation in our daily life. Meditation with live music has been conducted by the instructor along with magnanimous flute music by Dr. Surojith Poddar. Half-an-hour live music meditation helped the students to overcome their unwanted thoughts and to build a bright future with positive thoughts.

Meditation session on 29-12-2022



Meditation session on 30-12-2022



Yoga session on 09-01-2023



Yoga session on 10-01-2023



Yoga session on 11-01-2023



YOGA & MEDITATION CLUB (YMC)
MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

Introduction class on Yoga and Meditation on 29/12/2022

Attendance sheet

Sl. No	Name of the student	Roll No.	Mobile No.	Signature	
	1	B. Charith Sai	21691A0525	9705908575	Charitha Sai B
P	2	S. Dhanuja	21691A0536	6302448166	Dhanuja S
A	3	R. Gayathri	21691A0545	9014339321	R. Gayathri
P	4	C.T. Bindu priya	22691A0428	9121957015	Bindu
A	5	M. Gayathri	22691A0461	9573720257	M. Gayathri
P	6	A. Deepthi	22691A0446	9032095684	A. Deepthi
A	7	S. Meghana	22691A0502	9392808792	S. Meghana
P	8	P. Hemalree	22691A0576	9704327855	P. Hemalree
P	9	N. Anitha	22691A0414	8639039891	N. Anitha
A	10	G. Moovika	22691A04E6	6801751246	G. Moovika
P	11	K. Nandini	22691A04F8	8374024034	K. Nandini
P	12	M. Lakshmi Anusha	2169A0509	6281618464	M. Lakshmi Anusha
A	13	S. Lakshmi Prasanna	21695A0504	9059115298	S. Lakshmi Prasanna
P	14	J. Sai Bavya Sree	22695A0434	6303918025	J. Sai Bavya Sree
P	15	T. Hamini	22695A0440	9014818378	T. Sai Bavya Sree
P	16	G. Jahnvi	22691A3146	9542067390	T. Hamini
A	17	P. Pravalika	22691A3156	8639849804	G. Jahnvi
A	18	N. Shruthi	22691A0564	9059932025	P. Pravalika
P	19	C. Chetan Sai	21691A04M1	7093644780	N. Shruthi
A	20	M. Bhanu Prasad	21691A3129	8142407687	C. Chetan Sai
A	21	N. Reddi Anand	21691A3120	9347605494	M. Bhanu Prasad
P	22	S. Reddy Mubarak	21691A0338	9502377901	N. Reddi Anand
P	23	R. Vinod Kumar	21695A0443	8179584550	S. Reddy Mubarak
P	24	H. Lakshmi Patti	21691A0456	9182877872	R. Vinod Kumar
P	25		22691A04B7	9440892161	H. Lakshmi Patti

P	26	J. Eswar Teja	22691A0467	7993494002	J. Eswar Teja ✓
P	27	J. Harsha Vardhan Reddy	22691A0472	7286879602	J. Harsha Vardhan Reddy ✓
A	28	S. Vinankumar Reddy	22695A0415	9652730619	S. Vinankumar ✓
P	29	A. Rajesh	21691A05F8	9133930206	A. Rajesh ✓
P	30	S. Paravind Kumar Mehta	21695A03N9	9398076195	S. Paravind ✓
P	31	S. KUSHAL KUMAR	21695A03L0	7013198418	S. Kushalkumar ✓
P	32	S. Mahaboob Basha	21695A03L1	8985929861	S. Mahaboob ✓
P	33	S. Sai Manjunath	21695A03N4	9014533919	S. Sai Manjunath ✓
P	34	C. Manohar	21695A03L9	8897996961	C. Manohar ✓
P	35	B. Kiran Kumar	22691A3716	7993701519	B. Kiran Kumar ✓
P	36	G. Rama Parvan Kumar Reddy	22691A3730	7207373102	G. Rama Parvan ✓
P	37	B. Hari Prasad Raju	21695A0309	7993793933	B. Hari Prasad ✓
A	38	P. PUNEETH KUMAR	21695A03F1	6304513920	P. Puneeth Kumar ✓
A	39	D. Sai kisan Reddy	21691A04K0	8978571364	D. Sai kisan Reddy ✓
A	40	C. Vamsi	21695A0295	9966850247	C. Vamsi ✓
P	41	S. Manohar Kumar	21695A03L9	6294413266	S. Manohar ✓
P	42	K. Sai Sroothi	21691A0518	9381252784	K. Sai Sroothi ✓
P	43	S. Gnapika	21691A0217	9014691897	S. Gnapika ✓
P	44	U. Dhanalakshmi	21691A0535	6303727552	U. Dhanalakshmi ✓
	45	R. Sreeja	22691A05L3	9391802979	R. Sreeja ✓
	46	C. Garudadri.	20695A0307	7660877301	C. Garudadri ✓
	47	S.K. Thasneem	22691A32B4	9550695355	S.K. Thasneem ✓
	48	T. Nandini	21691A04F3	7386731616	T. Nandini ✓
	49	D. Renuka	22691A28F2	7981729555	D. Renuka ✓
	50	B. Meghana	22691A3191	8309315757	B. Meghana ✓
	51	D.P. Kavya	22691A3168	6304977156	D.P. Kavya ✓
	52	U. Jaya Swaya	21695A03K7	9000736239	U. Jaya Swaya ✓
	53				
	54				