

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 had also completed *300 hours State Yoga Teacher Training* at Rajayogi Educational Service Trust (ISO Certified 9001-2015 (Reg. No. GACB4029)) on 02 February 2020. VSN is a member of the Yoga Cultural Association, Andhra Pradesh (YCA, AP).

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)."

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.

Madanapalle,

19-July-2018.

To
The Principal,
MITS.

From,
Dr V Shankernath,
Yoga Coordinator, MITS.

Sub: Request for permission to take up value added course titled, "Stress Management through Yoga"

Respected Sir,

The Yoga and Meditation Club would like to offer the course entitled, "Stress Management through Yoga" as a value added course to the students. I also attach the copy of the course contents. The course is designed for 30 lecture hours (2 hours per week)/ 15 weeks. The most tentative date for the start of the course is 02-Aug-2018.

The course would be of great help to the students to overcome the academic and personal stress. So, I request your permission to take up the above mentioned course.

I also request you to send the circular to the students to pass the information so that the students can register themselves.

Thank you.

Sincerely,

Dr V Shankernath.

Forwarded through,

The Head of the Department,
Department of Mechanical Department.

PRINCIPAL

Madanapalle Institute of Technology & Science
PO Box NO 14, Kadiri Road, Angalla
MADANAPALLE 517 325 A P

STRESS MANAGEMENT BY YOGA

For Academic Year 2018-19 (Odd Semester)

Course Duration: 30 hours (2 hours per week)

Course Prerequisite: None

Course Objectives

1. To know the human psyche: Yogic and modern concepts
2. To have the importance for mental health
3. To know the relationship between mind and body
4. To understand the concept of stress according to modern science and yoga
5. To achieve overall health of mind through yoga

UNIT-I: Scientific Foundations of Stress

Concept of stress – Sources of stress - Types of Stress – Personality factors and Stress – Stress and the college student

UNIT-II: Consequences of stress on human mind

Human Psyche: Yogic and Modern concepts, behavior and consciousness – Frustration – Conflicts – Psychosomatic Disorders

UNIT-III: Mental hygiene and Yoga

Mental health: A Yogic Perspective – Mental hygiene and role of Yoga in mental hygiene – Yogic principles for the management of stress (Prayer and meditation for mental health)

UNIT-IV: Ashtanga Yoga Introduction

Introduction to Ashtanga Yoga – Concepts and techniques of stress management in Ashtanga yoga of Patanjali Yoga sutra (i.e. Benefits of Meditation for stress management)

UNIT-V: Yogic management of stress

Specific practices for stress management: Yogasana, breath awareness, shvasana, yoganidra, pranayama and meditation

Course Outcomes:

Students will be able to:

1. Understand the role of yoga in stress management
2. Understanding the role of yoga in life management
3. Understanding the role of yoga in mental hygiene
4. To Develop strong mental health
5. To Develop healthy mind and there by improve efficiency

Text/Reference Books:

1. 'Certification of yoga professionals, Official guide book for Level 1 and Level 2' Excel books private limited, Noida
2. "Rajayoga or conquering the Internal Nature" by Swami Vivekananda, Advaita Ashrama (Publication Department), Kolkata


PRINCIPAL

Madanapalle Institute of Technology & Science
PO Box NO 14, Kadiri Road, Angallu
MADANAPALLE 517325 A P

Madanapalle,

14-Dec-2018.

To
The Principal,
MITS.

From,
Dr V Shankernath,
Yoga Coordinator, MITS.

Sub: Request for permission to take up value added course titled, "Yoga for Human Excellence"

Respected Sir,

The Yoga and Meditation Club would like to offer the course entitled, "Yoga for Human Excellence" as a value added course to the students. I also attach the copy of the course contents. The course is designed for 30 lecture hours (2 hours per week)/ 15 weeks. The most tentative date for the start of the course is 01-January-2019.

The course would be of great help to the students to excel in academics and to provide the ethics needed for them to build a health society and peaceful environment. So, I request your permission to take up the above mentioned course.

I also request you to send the circular to the students to pass the information so that the students can register themselves.

Thank you.

Sincerely,


Dr V Shankernath.

Forwarded through,



The Head of the Department,
Department of Mechanical Department.



PRINCIPAL

Madanapalle Institute of Technology & Science
PO Box NO 14, Kadiri Road, Angalku
MADANAPALLE 517 325 A P

YOGA FOR HUMAN EXCELLENCE

For Academic Year 2018-19 (Even Semester)

Course Duration: 30 hours (2 hours per week)

Course Prerequisite: None

Course Objectives

1. To know the human psyche: Yogic and modern concepts
2. To have the importance for mental health
3. To know the relationship between mind and body
4. To understand the concept of stress according to modern science and yoga
5. To achieve overall health of mind through yoga

Unit 1:

Yoga – Meaning – Definition – History of Yoga – Current trends in yoga – Values of yoga – Misconceptions about yoga – Classifications of yoga – Aims and objectives of yoga – Need of yoga education – Nature and scope of yoga

Unit 2:

Yoga and Diet – The yogic concept – Classification of foods - Tamasic food – Rajasic food – Satvic food – Diet and its importance in cure of certain disorders – Importance of fasting in diet – Normal nutrition – Importance of fiber in diet – Importance of fruits in diet – Importance of vegetables in diet – yoga and Vegetarianism

Unit 3:

Science of Yoga – Introduction to human body – Systems of human body – Basic functions of nine basic systems and homeostatis – introduction to sensory organs Yogic concept of health and wellness – concept of tridoshas (agni, vayu, and mala) and their role in wellness - concept of dinacharya and ritucharya and their role in wellbeing – Importance of ahara, nidra and brahmacharya in wellbeing

Unit 4:

Yoga and Education – meaning, definition, goal, role and importance of education in human excellence – salient features of yoga education – factors of yoga education – teacher, student and teaching, guru-, shishya-, parampara and its importance in yoga education.

Value education – meaning and definition – types of values – value-oriented education in personality development – contribution of yoga towards development of values – role of yoga teacher in value-oriented education – role of yoga in development of healthy society.

Unit 5:

Applied yoga – yogic concept of mental hygiene (maître, karuna, mudita, upeksha) – importance of psychosocial environment for health and wellness – health benefits of suryanamaskara, shatkarma, asanas, pranayama, and practices leading to Dhyana (meditation) – salient features and contra indications of yoga practices for wellbeing – knowledge of common disease, their prevention and management by yoga – knowledge of role of yoga in the management of non-communicable diseases – concept of stress and yogic management of stress and its consequences

Course Outcomes:

Students will be able to:

1. Understand the role of yoga and the need for yoga education
2. Understanding the role of diet in life management
3. Understanding the influence of yoga on basic human systems
4. To understand the need of value oriented education towards personality development
5. To apply yogic methods to maintain health and wellness.

Text/Reference Books:

1. 'Certification of yoga professionals, Official guide book for Level 1 and Level 2' Excel books private limited, Noida
2. "Rajayoga or conquering the Internal Nature" by Swami Vivekananda, Advaita Ashrama (Publication Department), Kolkata



PRINCIPAL

Madanapalle Institute of Technology & Science
PO Box NO 14, Kadiri Road, Angallu
MADANAPALLE 517 325 A.P.

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

Yoga and Meditation Club

Attendance for the course, "Yoga for Human Excellence"

S No	Reg No	01-01-2019	03-01-2019	07-01-2019	08-01-2019	09-01-2019	10-01-2019	22-01-2019	24-01-2019	29-01-2019	31-01-2019
1	16691A0520	01	02	03	04	05	06	07	08	09	A
2	16691A0519	A	01	02	03	04	05	06	A	07	08
3	16691A0507	A	01	02	03	04	05	06	A	07	08
4	17691A0453	01	02	03	04	05	A	06	07	08	09
5	17691A03M3	01	02	03	04	05	06	A	A	07	08
6	16691A0518	01	02	03	04	05	A	06	07	08	09
7	16691A0514	01	02	A	03	A	04	05	06	07	A
8	17691A04H3	01	A	02	03	04	05	06	07	08	09
9	17691A04E0	01	02	03	04	05	06	07	08	09	10
10	17691A04E2	01	02	A	03	04	05	06	07	08	A
11	16691A0525	01	02	03	04	05	06	07	08	A	09
12	16691A0524	01	02	03	04	05	06	07	08	09	10
13	16691A0517	A	01	02	A	03	04	05	06	07	08
14	16691A0555	01	02	03	04	05	06	07	08	09	10
15	18691A0239	A	01	02	03	04	05	06	07	08	09
16	17699A0452	01	02	03	04	05	06	07	08	09	10
17	18691A04K9	01	02	03	04	05	06	07	08	A	A
18	18691A04I3	01	A	02	03	04	05	06	07	08	09
19	18691A04J1	01	02	03	04	05	06	07	08	09	10
20	18691A04K5	01	02	03	04	A	A	A	05	06	07
21	16691A0531	01	02	03	04	05	06	07	08	09	10
22	16691A0547	01	02	03	04	05	06	07	A	A	08
23	17691A0459	01	02	03	A	A	04	05	06	07	A
24	17699A0489	A	01	A	02	03	04	05	06	A	07
25	17699A0473	01	02	03	04	05	06	07	A	A	08
26	17699A0474	01	02	03	04	A	A	05	06	07	A
27	18691A0239	01	02	A	A	03	04	05	06	07	08

V. G. Srinivasan

		01-01-2019	02-01-19	07-01-2019	08-01-2019	09-01-2019	10-01-2019	22-01-2019	24-01-2019	29-01-2019	31-01-2019
28	18691A0207	01	02	03	04	05	06	07	08	09	10

V. Sahyad

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

Yoga and Meditation Club

Attendance for the course, "Yoga for Human Excellence"

S No	Reg No	05-02-2019	07-02-2019	12-02-2019	14-02-2019	19-02-2019	21-02-2019	26-02-2019	28-02-2019	05-03-2019	07-03-2019	12-03-19
1	16691A0520	10	11	12	13	14	15	16	17	18	19	20
2	16691A0519	09	10	11	12	13	14	15	16	A	17	18
3	16691A0507	09	A	10	11	12	13	14	15	A	16	17
4	17691A0453	10	11	12	13	14	15	16	17	18	A	19
5	17691A03M3	09	10	11	12	13	14	15	16	17	18	19
6	16691A0518	10	11	12	13	14	15	16	17	18	19	20
7	16691A0514	08	09	10	11	12	13	14	15	16	17	18
8	17691A04H3	10	11	12	13	14	15	16	17	18	19	A
9	17691A04E0	11	12	13	14	15	16	17	18	19	20	21
10	17691A04E2	09	10	11	A	A	12	13	A	14	15	16
11	16691A0525	10	A	11	A	12	13	14	15	16	17	18
12	16691A0524	11	12	13	14	15	16	17	18	19	20	21
13	16691A0517	A	09	10	11	12	13	14	15	16	17	18
14	16691A0555	11	12	A	A	13	A	14	A	15	16	17
15	18691A0239	10	11	12	13	14	15	16	17	18	19	20
16	17699A0452	11	12	13	14	15	16	17	18	19	20	21
17	18691A04K9	09	10	11	12	13	14	15	16	17	18	19
18	18691A04I3	10	11	12	13	14	15	16	17	18	19	20
19	18691A04J1	11	12	A	A	13	14	15	16	17	18	19
20	18691A04K5	08	09	10	11	12	13	14	15	16	17	18
21	16691A0531	11	12	13	14	15	16	17	18	19	20	21
22	16691A0547	A	09	10	11	12	13	14	15	A	16	17
23	17691A0459	08	09	10	11	A	A	12	13	14	15	16
24	17699A0489	08	09	10	11	12	13	14	15	16	A	17
25	17699A0473	09	10	11	12	13	14	15	16	17	18	19
26	17699A0474	08	09	10	11	A	A	A	12	13	14	15
27	18691A0239	09	10	11	12	13	A	14	15	16	A	17

V. S. Srinivas

		05-02-2019	07-02-2019	12-02-2019	14-02-2019	19-02-2019	21-02-2019	26-02-2019	28-02-2019	05-03-2019	07-03-2019	12-03-2019
28	18691A0207	11	12	13	14	15	16	17	18	19	20	21

V. Salyan

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
Yoga and Meditation Club

Attendance for the course, "Yoga for Human Excellence"

S No	Reg No	14-03-2019	19-03-2019	21-03-2019	26-03-2019	28-03-2019	02-04-2019	04-04-2019	09-04-2019	11-04-2019	Final
1	16691A0520	A	A	21	22	23	24	25	26	27	27
2	16691A0519	19	20	21	22	23	24	25	26	A	26
3	16691A0507	18	19	20	21	22	23	24	25	26	26
4	17691A0453	20	21	22	23	24	25	26	27	28	28
5	17691A03M3	20	A	21	22	23	24	25	26	27	27
6	16691A0518	21	22	23	24	A	25	26	27	28	28
7	16691A0514	19	20	21	22	23	24	25	26	27	27
8	17691A04H3	20	21	22	23	24	A	25	26	A	26
9	17691A04E0	22	23	24	25	26	27	28	29	30	30
10	17691A04E2	A	17	18	19	20	21	22	23	24	24
11	16691A0525	19	20	21	A	A	22	23	24	25	25
12	16691A0524	22	23	24	25	26	27	28	29	30	30
13	16691A0517	19	20	21	22	23	24	25	26	27	27
14	16691A0555	18	19	20	21	22	23	24	25	26	26
15	18691A0239	21	22	23	24	25	26	27	28	29	29
16	17699A0452	22	23	A	24	25	A	A	26	A	26
17	18691A04K9	20	21	A	22	23	24	25	A	26	26
18	18691A04I3	21	22	23	24	25	26	27	28	29	29
19	18691A04J1	20	21	22	23	24	25	26	27	28	28
20	18691A04K5	19	20	21	22	A	23	24	25	26	26
21	16691A0531	22	23	24	25	26	27	28	29	30	30
22	16691A0547	18	19	20	21	22	23	24	A	25	25
23	17691A0459	17	18	19	20	21	22	23	24	25	25
24	17699A0489	A	A	18	19	20	21	22	23	24	24
25	17699A0473	20	21	22	23	24	25	26	27	28	28
26	17699A0474	16	17	18	19	20	21	22	23	24	24
27	18691A0239	18	19	20	21	22	23	24	25	26	26

Cyji

PRINCIPAL
Madanapalle Institute of Technology & Science
Box NO. 14, Kadiri Road, Angaliu
MADANAPALLE - 517 325 A.P.

V. Subramanian

28

18691A0207

14-03-2019	19-03-2019	21-03-2019	26-03-2019	28-03-2019	02-04-2019	04-04-2019	07-04-2019	11-04-2019	Final
22	23	24	25	26	27	28	29	30	30

Cy:

PRINCIPAL

Madanapalle Institute of Technology & Science
PO Box NO 14, Kadiri Road, Angali
MADANAPALLE 517 325 A P

M. Raju

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

Yoga and Meditation Club

Attendance for the course, "Stress Management through Yoga"

S No	Reg No	02-08-2018	07-08-2018	09-08-2018	14-08-2018	16-08-2018	21-08-2018	23-08-2018	28-08-2018	30-08-2018	04-09-2018
1	18691E00G5	01	02	03	04	A	05	06	A	07	08
2	18691E00L1	01	02	03	A	04	05	06	07	A	08
3	18691AE0077	01	A	02	03	04	05	06	07	08	09
4	18691E00D0	01	02	03	04	05	06	07	08	09	A
5	18691E00E1	01	A	03	04	05	06	07	08	A	09
6	18691E00M0	01	02	A	03	04	05	06	07	08	09
7	18691E00I1	01	02	03	A	04	05	06	07	08	A
8	18691E00D6	01	A	02	A	03	04	05	06	A	07
9	16691A0361	01	02	03	04	05	06	07	08	09	10
10	16691A0393	01	02	03	A	04	05	06	07	08	09
11	16691A0397	01	02	03	04	05	06	07	08	09	10
12	18691A2830	01	02	A	03	04	05	06	A	07	A
13	18691A2835	01	02	03	04	A	A	05	06	07	08
14	18691A2820	01	02	03	A	04	05	06	07	08	09
15	18691A2821	01	A	02	03	04	05	06	A	07	08
16	18691A2808	01	02	03	04	05	06	07	08	09	10
17	18691A0239	01	02	03	04	05	06	07	08	09	10
18	18691A0207	01	02	03	04	05	A	06	07	08	09
19	18691A04K9	01	02	03	04	05	06	07	A	08	A
20											
21											
22											
23											
24											
25											
26											

V. Salyata

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

Yoga and Meditation Club

Attendance for the course, "Stress Management through Yoga"

S No	Reg No	06-09-2018	11-09-2018	13-09-2018	18-09-2018	20-09-2018	25-09-2018	27-09-2018	01-10-2018	09-10-2018	11-10-2018
1	18691E00G5	09	10	11	A	12	13	14	15	A	16
2	18691E00L1	09	A	10	11	A	12	13	14	15	16
3	18691AE0077	10	A	11	12	13	14	15	16	17	18
4	18691E00D0	10	11	12	13	14	15	16	17	18	19
5	18691E00E1	10	11	12	A	13	14	15	16	17	18
6	18691E00M0	10	A	11	12	13	14	15	16	A	17
7	18691E00I1	09	10	11	12	13	14	15	16	17	18
8	18691E00D6	08	09	10	11	12	13	14	15	16	17
9	16691A0361	A	11	12	13	14	15	16	17	18	A
10	16691A0393	10	11	12	13	14	15	16	17	18	19
11	16691A0397	11	12	13	14	15	16	17	18	19	20
12	18691A2830	08	09	A	10	11	12	13	14	15	16
13	18691A2835	09	10	11	12	13	14	15	16	17	18
14	18691A2820	10	11	12	13	14	15	16	17	18	19
15	18691A2821	09	10	11	12	13	14	15	16	17	A
16	18691A2808	11	12	13	14	15	16	17	18	19	20
17	18691A0239	11	12	13	14	15	16	17	18	19	20
18	18691A0207	10	11	12	13	A	14	15	16	17	18
19	18691A04K9	09	10	11	12	13	14	15	16	17	18
20											
21											
22											
23											
24											
25											
26											

16-10-2018
17
17
19
20
19
18
19
18
19
20
21
17
19
20
18
21
21
19
19

V. Subyudha

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

YOGA AND MEDITATION CLUB

List of students enrolled for "Stress Management through Yoga"

Sl No	Registration number	Name of the student	Branch and Section	Signature
1	18691E0065	C. SUHAS	MBA-D -c	Suhaj.c
2	18691E0041	M. Shaheen Khanom	MBA-D	M. Shaheen
3	18691E0077	V. M. Shazeef	MBA-B	V. M. Shazeef
4	18691E0000	S. Prizwan	MBA-C	S. Prizwan
5	18691E00E1	B. Saada	MBA-C	B. Saada
6	18691E00MD	P. Mubarak Ali Ichan	MBA-D	P. Mubarak Ali
7	18691E00D1	N. Udaya Sree	MBA-D	N. Udaya Sree
8	18691E00D6	K. Sai Pallavi	MBA-C	K. Sai Pallavi
9	16691A0361	K. Anilkumar	MEC-B	K. Anilkumar
10	16691A0393	K. S. Satish Kumar	MEC-B	K. S. Satish Kumar
11	16691A0397	B. Shashi Kiran	ME-B	B. Shashi Kiran
12	18691A2830	E. Niveditha	CST	E. Niveditha
13	18691A2835	P. Pravallika	CST	P. Pravallika
14	18691A2820	Y. Lokesh	CST	Y. Lokesh
15	18691A2821	T. Madhuri	CST	T. Madhuri
16	18691A2808	V. Chitrakala	CST	V. Chitrakala

V. S. Sridhar

17	18691A0239	C. Kishore Reddy	EEE-A	Kishore
18	18691A0207	G. Aravind Naidu	EEE-A	Aravind
19	18691A04K9	C. Veera Raghava	ECE-D	Raghava
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				

V. Chandra

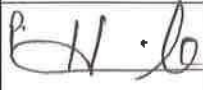
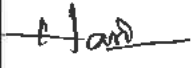

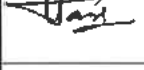
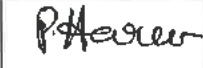





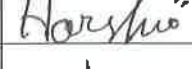
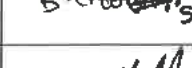
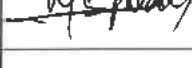


Cyji

PRINCIPAL
 Madanapalle Institute of Technology & Science
 PO Box NO 14, Kadiri Road, Angulika
 MADANAPALLE 517 325 A P

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

YOGA AND MEDITATION CLUB

List of students enrolled for "Yoga for Human Excellence"

Sl No	Registration number	Name of the student	Branch and Section	Signature
1	16691A0520	P. Harika	CSE - A	
2	16691A0519	S. Harshitha	CSE - A	
3	16691A0507	P. Chaitanya Yadav	CSE - A	
4	17691A0453	P. Harshitha	ECE - A	
5	17691A03M3	K. Vishnu Kashyap	ME - D	K. Vishnu Kashyap
6	16691A0518	P. Hareesha	CSE - A	
7	16691A0514	A. Ghananand	CSE - A	
8	17691A04H3	K. Saran Kumar Reddy	ECE - C	
9	17691A04E0	B. Prathibha	ECE - C	
10	17691A04E2	B. Prathibha	ECE - C	
11	16691A0525	V. Hemant Sai Varan	CSE - A	
12	16691A0524	J. G. Harshini	CSE - A	
13	16691A0517	B. Gurus Charam	CSE - A	
14	16691A0555	N. Sai Prasad Reddy	CSE - A	
15	18691A0239	C. Kishore	EEE - A	
16	17699A0452	U. Likhitha Royal	ECE - E	

V. Q. Q. Q. Q.

17	18691A04K9	C. Veera Raghava	ECE-D	C. Veera Raghava
18	18691A04P2	J. Srikanth	ECE-D	J.
19	18691A04J1	M. Sultan	ECE-D	M. Sultan
20	18691A04K5	G. Vamsi Krishna	ECE-D	G. Vamsi Krishna
21	16691A0531	G. Keerthana	CSE-A	G.
22	16691A0547	M. Nishitha	CSE-A	M. Nishitha
23	17691A0459	G. C. Sudha	ECE-A	G. C. Sudha
24	17699A0489	Sindhu	ECE-F	Sindhu
25	17699A0473	S. Reddy Sahithi	ECE-F	S. Sahithi
26	17699A0474	B. Rohini	ECE-F	B. Rohini
27	18691A0239	C. Kishore Reddy	EEE-A	C. Kishore
28	18691A0207	G. Aravind Daidu	EEE-A	G. Aravind
29				
30				
31				
32				
33				
34				

V. S. Srinivas

Cyji

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

YOGA AND MEDITATION CLUB

List of students enrolled for "Regular Yoga sessions" AY: 2018-19

Sl No	Registration number	Name of the student	Branch and Section	Signature
1	17691A03M3	K. Vishnu Kashyap	ME-D	K. Vishnu Kashyap
2	16691A0518	P. Hareesha	CSE-A	P. Hareesha
3	16691A0507	P. Chaitanya Yadav	CSE-A	P. Chaitanya Yadav
4	16691A0520	P. Harika	CSE-A	P. Harika
5	16691A0519	S. Harshika	CSE-A	S. Harshika
6	17691A0453	P. Harshitha	ECE-A	P. Harshitha
7	16691A0514	A. Ghananand	CSE-A	A. Ghananand
8	17691A0460	B. Prathibha	ECE-C	B. Prathibha
9	17691A04H3	K. Sairam Kumar Reddy	ECE-C	K. Sairam Kumar Reddy
10	17691A04E2	B. Pravalika	ECE-C	B. Pravalika
11	16691A0525	D. Hemanth Sai Varma	CSE-A	D. Hemanth Sai Varma
12	16691A0524	J. G. Harshini	CSE-A	J. G. Harshini
13	16691A0517	B. Guru Charan	CSE-A	B. Guru Charan
14	16691A0555	N. Sri Prasad Reddy	CSE-A	N. Sri Prasad Reddy
15	17699A0452	V. Likitha Royal	ECE-E	V. Likitha Royal
16	18691A0239	C. Kishore	EEE	C. Kishore

V. Chaitanya

AY: 2018-19.

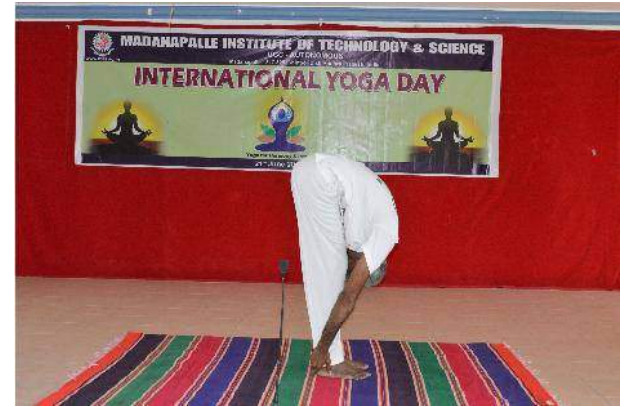
17	18691A04K9	C. Veera Raghava	ECE-D	C. Veera Raghava
18	18691A04K5	G. Vamsi Krishna	ECE-D	Reddy
19	18691A04L3	J. Sakthi	ECE-P	Reddy
20	18691A04J1	M. Sultan	ECE-D	Sultan
21	17691A0459	A.C. Renu	ECE-A	A.C. Renu
22	17699A0489	Y. Sindhu	ECE-F	Sindhu
23	17699A0474	B. Rohini	ECE-F	Rohini
24	19691A28A7	P. Ranisha	CST-B	P. Ranisha
25	17691A0492	B. Mahitha Reddy	ECE-B	Mahitha Reddy
26	17691A05A3	T. Puthin Kumar Reddy	CSE-B	Puthin Kumar Reddy
27	19691A2866	A. Meghana	CST-B	Meghana
28	17691A04C0	R. Niharika	ECE-B	Niharika
29	17691A04I7	M. Divya	ECE-E	Divya
30	17699A0473	S. Reddy Sahithi	ECE-F	S. Sahithi
31	16671A03B0	B. Vamsi	MEG-B	B. Vamsi
32	16691A0115	P. Koththir	Civil	P. Koththir
33				
34				

Cy.

PRINCIPAL

Madanapalle Institute of Technology & Science
 PO Box NO 14, Kadiri Road, Angallu
 MADANAPALLE 517 325 A P

V. Subramanian





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

INTERNATIONAL YOGA DAY - 21 June 2019



Introduction:

Yoga is a simple and effective way to energize and recharge the body and mind. Since 2015, International day of yoga is celebrated on June 21st, every year because it is the longest day of the year in the Northern hemisphere and has a special significance in many parts of the World. International day of yoga was declared unanimously by the United Nations General Assembly (UNGA) and the date was suggested by Indian Prime Minister Narendra Modi. It is a matter of pride for all the Indians that “Yoga” has got the recognition at the global level. We should be obliged to our ancestors for giving us such an invaluable gift. A growing body of research has provided the scientific proofs on the benefits of yoga practice on both physical and mental well-being. They also addressed the effects of yoga practice on common mental health issues such as stress management faced by college students.

Yoga at MITS:

Yoga is essentially a lifestyle, philosophy and practice, and the higher authorities at MITS recognized the benefits of integrating the aspects of yoga into college students to help them to overcome the common issues faced by college students such as depression, anxiety, eating disorders and stress. These works are monitored by Yoga and Meditation Club along with the college level NCC and NSS wings. 5th International Day of Yoga is celebrated on 20 and 21 of June 2019 in collaboration with THE INDIAN EXPRESS as a part of the activities of the above-mentioned clubs.

మానవ శరీరానికి ప్రకృతి సంజీవని యోగా



దాక్షిణ్య ఉత్తరాన ప్రపంచ యోగా దినోత్సవంలో యోగా వేస్తూ లభ్యమయిన చిత్రాలు

పాఠశాలలో జూన్ 20 వారినే గుర్తించి ప్రవేశించిన చిన్నారులు ఆసనలు చేస్తూ, ప్రధాన ప్రణాళిక, అనుబంధ విధులు నిర్వహించి కార్యక్రమం పూర్తి చేసారు. ఈ రోజు లావణ్యం కలిగిన ప్రకృతిని తెలియజేసి, ఆహారం ప్రాధాన్యత గురించి తెలియజేసింది.

The celebrations for the 5th International Day of Yoga were scheduled for two days (i.e. 20th, 21st June 2019) at the Campus Auditorium Hall. The coordinator of Yoga and Meditation club (MITS), Dr V Shankernath along with the NCC (MITS) coordinator Dr KVV Raaju welcomed the participants and gave a brief introduction on Yoga and the college level activities of the club. Then the students were guided for a 45-minute common yoga protocol released by the Department of AYUSH, Government of India. Dr KVV Raaju proposed a thanking note to the students and gave an overview of the activities on 21st June 2019. The participants were served with fruits after the program.


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