

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.

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 INSTITUTE OF TECHNOLOGY & SCIENCE
(UGC - AUTONOMOUS)

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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 Celebrations - 2017
Organized by NSS Cell - MITS
21 June 2017



Report Submitted by: Dr K V V Raaju – NSS Program Officer, MITS

Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It claims to improve health and happiness.

Third International yoga day was celebrated at MITS, Madanapalle on 21st June 2017. On this occasion eminent people of MITS shared and cherished their experiences.

The following demonstrations organized by yoga guru **SRI NAGESWARA RAO GARU**.

- 1) Prayer , Sadilaja /Çālana Kriyas/Loosening Practices
- 2) Neck Bending
- 3)Trunk Movement
- 4)Knee Movement
- 5) Yogāsana
- 6) Standing Posture
- 7) Tādāsana
- 8)Vṛikṣāsana
- 9) Pāda-Hastāsana
- 10) Ardha Cakrāsana
- 11) Trikoṇāsana
- 12) Content B. Siting Posture
- 13)Bhadrāsana
- 14)Ardha Uṣṭrāsana
- 15) śa ānkāsana
- 16) Vakrāsana
- 17). Pron Postures
- 18) Bhujangāsana
- 19) Śalabhāsana
- 20) Makarāsana

21) D. Supine Postures 22) Śetubandhāsana 23) Pavanamuktāsana 24) Śavāsana 25) Kapālabhāti 26)Prāṇāyāma 27) Nadi odhana / Anuloma Viloma Prāṇāyāma 29) Bhr marī Prāṇāyāma 30) Dhyāna in Śambhavī Mudra 31) Sankalpa 32) Śantih Pātha 33 Textual References.

Dr C Yuvaraj, Principal said ‘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 (IIC) said that Yoga is the best medicine to solve problems and to keep away from diseases. Dr Sremmant Basu, Dean (Administration) shared his experiences with their colleagues regarding Yoga practices. V Maruthi Prasad, Senior Manager Communications also participated and coordinated the event. Yoga guru Sri Nageswara Rao Garu, who is the trainer for the protocol, said ‘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 Asana, Surya Namaskaram and Pranayamam. NSS volunteers, and students from MITS Student Clubs participated the event with great enthusiasm.

- ఘనంగా ప్రపంచ యోగా దినోత్సవం

యోగాతో ఆరోగ్యం.. ఆనందం
 కురబలకోట: యోగాతో ఆరోగ్యంతో పాటు ఆనందం కలుగుతుందని అంగళ్లు మిట్స్ ఇంజనీరింగ్ కళాశాల ప్రిన్సిపాల్ యువరాజ్ అన్నారు. యోగా దేని పురస్కరించు కుని బుధవారం జరిగిన సభలో ఆయన మాట్లాడారు. యోగాతో జీవనవికాసం కలుగుతుందని చెప్పారు.

యోగా గురువు నాగేశ్వర్ రావు, విద్యార్థులు, అధ్యాపకులు పాల్గొన్నారు.



కురబలకోట: అంగళ్లు మిట్స్ లో యోగా చేస్తున్న విద్యార్థులు

International Yoga Day Celebration at MITS

The Yoga Centre at MITS celebrated International Yoga Day on 21 June 2017, The Principal Dr.C.Yuvaraj motivated students of MITS that yoga is best practice to keep health and peace of mind. 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" (Academic Year: 2016-17)

Sl No	Registration Number	Name of the Student	Branch and Section	Signature
1	1691A0123	Deepa	CMA	Deepa
2	1691A0144	Lohitha	CMA	Lohitha
3	1691A0254	madhu free	CEE	Madhu
4	1691A0263	lokesh	"	lo
5	1691A0277	madhuri . p	"	Madhu
6	1691A0459	madhuri . p	ECE	madhuri
7	1691A0482	Nageswari . N	"	Nageswari
8	1691A0459	Nageswari . N	"	Nageswari
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