

**PROCEEDINGS OF SPECIAL COMMISSIONER OF COLLEGIATE EDUCATION  
VIJAYAWADA, ANDHRA PRADESH**

**Present: Sri.M.M.NAYAK, IAS**

**Re.No.155/ JKCMC/Strengthening of JKC/2020-21, dated 13/10/2020**

\*\*\*

**Sub: Strengthening of JKC by introducing Short term courses – TCS and IBM P-Tech through e Skilling Govt of India Initiative- Reg**

In connection with the Strengthening of JKC and to enhance employability skills and competence in the students in the Covid-19 scenario, CCE has planned to introduce skilling through e learning model by collaborating with reputed training agencies like TCS, IBM and Mind map etc. In this connection TCSiON has come forward in the month of September with life skill short-term course (25-36 hours) which is implemented in all 120 JKC and for which 8000 students have registered.

In similar lines IBM OPEN P Tech in collaboration with NASSCOM and MINDMAP has designed a short-term course for the students which comprises the essential 21 century foundation skills called **Digital Foundation Programme Course** consists of

- i. *Artificial Intelligence foundation*
- ii. *Block Chain essential*
- iii. *Data Science foundation*
- iv. *Cyber Security fundamentals*
- v. *Enterprise Design Thinking*
- vi. *Professional Skills in digital worlds*

This Course consists of Basics of the six themes comprising of 36 Hours and by completion of each level the student will get a IBM batch. This P-Tech platform is also useful all students in the following

- ii. *To get IBM professional badges (digital) and industry accreditation*
- iii. *Helps to distinguish students on employment applications- badges be shown on resume and linked-in profiles*
- iv. *Open P-TECH is continuously uploading new learning content appropriate for future skills development for students*

Hence all the Principals and JKC coordinators are instructed to Enroll all the Final year students in the link provided in the mail and see that every student must complete and get 6 Badges of IBM by 25<sup>th</sup> November 2020. This is a Free Course hence No fee may be collected from Students.

Sd /-  
**M.M.NAYAK, IAS**

**Special Commissioner of Collegiate education**

Copy To  
Principals of Govt. Degree Colleges  
RJDCEs of Rajahmundry, Guntur and Kadapa  
AGO and all Academic Cell members, O/o CCE

//True Copy Attested//

*Tulasi*  
*13/10/2020*  
Academic Guidance Officer

**JKC MONITORING CELL**

		No.of Students Enrolled/Registered for JKC TCSiON Programme			IBM P-Tech		IIT Bombay		Internshala		CISCO (only 50 Colleges)
District	Name of the College	IIIrd year	IInd year	No of Students obtained Certificates (Till date )		No of Students obtained Certificates (Till date )	No.of Students Registered	No of Students obtained Certificates (Till date )	No.of Students Registered	No. of Students benefited	No.of Students Registered
	GDC Koilkuntla	30	50	60	40	5	140	110	4	0	NA
Anantapur	GDC (M)Ananthapur										
	GDC (W)Ananthapur	190	210	374	398	220	390	Waiting for the exam	150	0	42
	GDC Penukonda	45	23	10	30	2	17	1	0	0	NA
	GDC Rayadurgam	23	33	7	5	1	78	0	0	0	0
	GDC Tadipatri	15	5	1	10	10	0	0	21	21	NA
	GDC Uravakonda	45	15	45	80	62	84	0	2	0	0
	GDC Guntakal	45	49	18	68	29	103	51	0	0	0
	GDC Kalyandurg	60	35	75	50	15	60	130	10	0	0
	GDC (W) Hindupur	10	15	2	82	65	132	Waiting for the Exams	2	0	0
	GDC Bukkapatnam	14	21	35	22	15	24	0	0	0	Not Applicable
	GDC Dharmavaram	20	20	60	30	50	5	Waiting for the Exam Date	0	0	Not Applicable
	GDC Kadiri	27	7	1	35	2	24	0	10	0	Not Applicable
	GDC Madakasira	13	18	6	30	10	40	0	0	0	0



This is to certify that

**B Radhika**

successfully completed and received a passing grade in

# How to Build Chatbots

(CB0103EN, provided by IBMDDeveloperSkillsNetwork)

A course on [yl-ptech.skillsnetwork.site](https://courses.yl-ptech.skillsnetwork.site)  
Powered by IBM Developer Skills Network.

Issued by  
**Open P-Tech Skills Network**

**January 7, 2021**

Authenticity of this certificate can be validated by going to:

<https://courses.yl-ptech.skillsnetwork.site/certificates/20acef05d4ff4fa380b9b46febb14a69>

Certificate ID Number: 20acef05d4ff4fa380b9b46febb14a69

January 7, 2021



5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following: Soft skills,Language and communication skills,Life skills (Yoga, physical fitness, health and hygiene)ICT/computing skills

JKC-TCSiON Course

File Edit View Insert Format Data Tools Extensions Help

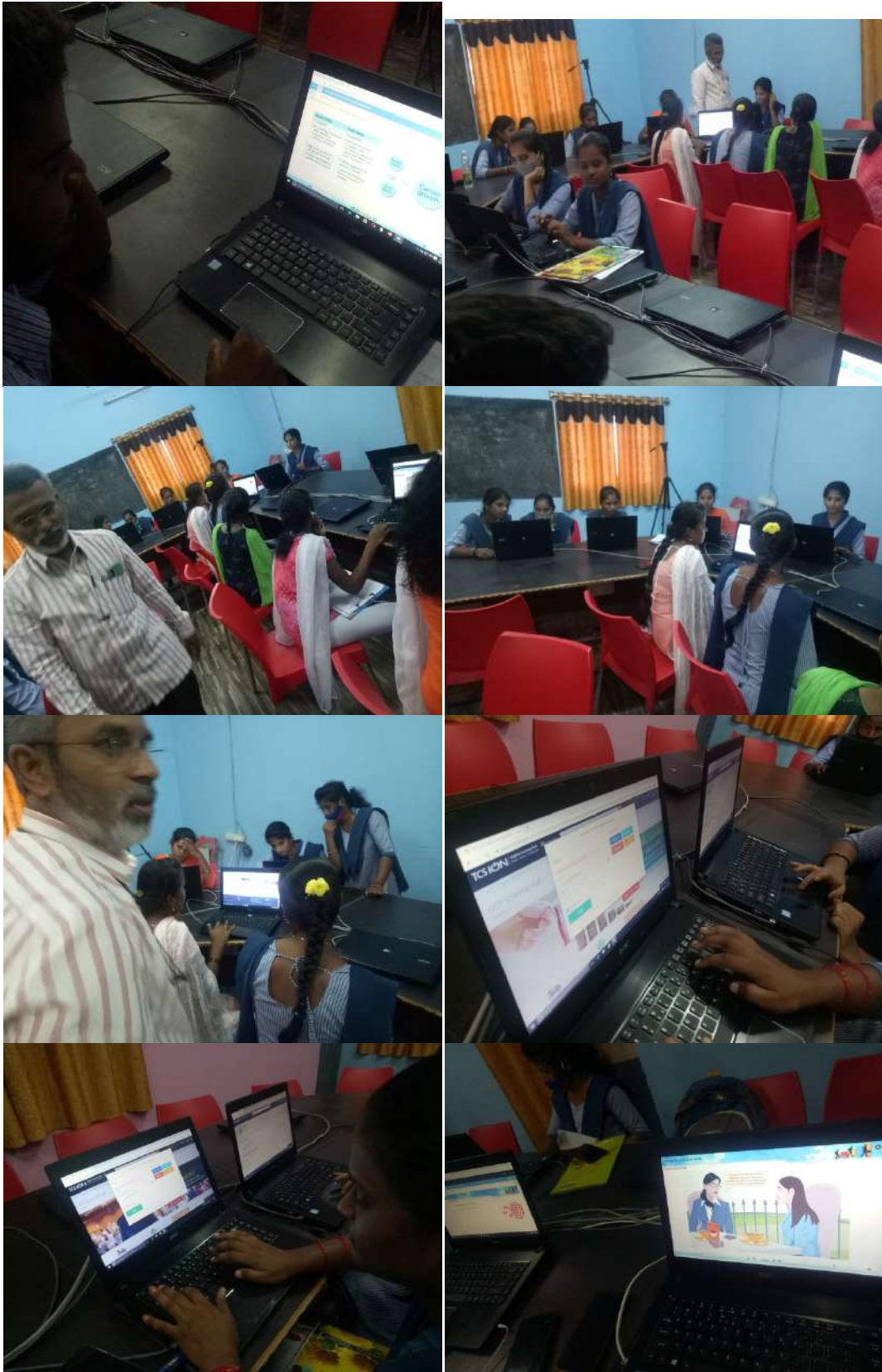
100%

14

COMMISSIONERATE OF COLLEGIATE EDUCATION

	A	B	C	D	E	F	G	H	I	J
1	COMMISSIONERATE OF COLLEGIATE EDUCATION									
2	JKC MONITORING CELL									
3	JKC-TCSiON CAREER SKILLS COURSE									
4			No of students enrolled Registered for JKC TCSiON Programme							
5	S.No	Name of the College	IIIrd year	IIInd year	No of students obtained Certificates(Till date)	No.of Students Registered in Internshala	No. of Students benefited in Internshala	Mention details of Internshala programme details		
94	89	GDC Kalyandurg	20	15	11	30	0			
95	90	GDC (W) Hanasagar	5	5	2	2	0			
96	91	GDC Bukkapatnam	0	0	0	0	0			
97	92	GDC Dhamavaram	12	0	0	12	0			
98	93	GDC Kadiri	20	4	0	0	0	TCS modules are being completed by students. The delay is due to the network problem in the connectivity.		
99	94	GDC Madakasira	11	13	1	15	0			
100	95	GDC Palamaner	3	3	0	25	0	Internshala recruitments updates are forwarded to the students through Whatsapp		
101	96	GDC Karvetinagaram	22	19	35	2	0	nil		
102	97	GDC Kuppam	33	Nil	Not yet	ormed to the student	ormed to the student	Nil	informed to the students	
103	98	GDC Puttur	44	49	12	15	not yet		informed to the students	

1.





Topics	:	Basics in Computers
Duration	:	45 days 2 <sup>nd</sup> December to 15 <sup>th</sup> January
Syllabus	:	1. Computer Fundamentals, Word, MS Excel 2. Ms PowerPoint 3. MS Access



STSN Government Degree College

Department of Computer Science  
(In association with JKC)  
NH 45, Saidapuram, Kadiri – 515591



CERTIFICATE OF COURSE COMPLETION

*This is to certify that Mr B ANIL KUMAR has successfully completed 45 days Certificate course conducted in the Department of Computer Science and has been awarded 'A' division on the 15<sup>th</sup> day of January in the year 2020. He is conferred the following award.*

**Basics in Computer – MS Office**

Authorized Signatory

Principal



**PROCEEDINGS OF SPECIAL COMMISSIONER OF COLLEGIATE EDUCATION  
VIJAYAWADA, ANDHRA PRADESH**

**Present: Sri.M.M.NAYAK, IAS**

**Re.No.155/ JKCMC/Strengthening of JKC/2020-21, dated 13/10/2020**

\*\*\*

**Sub: Strengthening of JKC by introducing Short term courses – TCS and IBM P-Tech through e Skilling Govt of India Initiative- Reg**

In connection with the Strengthening of JKC and to enhance employability skills and competence in the students in the Covid-19 scenario, CCE has planned to introduce skilling through e learning model by collaborating with reputed training agencies like TCS, IBM and Mind map etc. In this connection TCSiON has come forward in the month of September with life skill short-term course (25-36 hours) which is implemented in all 120 JKC and for which 8000 students have registered.

In similar lines IBM OPEN P Tech in collaboration with NASSCOM and MINDMAP has designed a short-term course for the students which comprises the essential 21 century foundation skills called **Digital Foundation Programme Course** consists of

- i. Artificial Intelligence foundation
- ii. Block Chain essential
- iii. Data Science foundation
- iv. Cyber Security fundamentals
- v. Enterprise Design Thinking
- vi. Professional Skills in digital worlds

This Course consists of Basics of the six themes comprising of 36 Hours and by completion of each level the student will get a IBM batch. This P-Tech platform is also useful all students in the following

- ii. To get IBM professional badges (digital) and industry accreditation
- iii. Helps to distinguish students on employment applications- badges be shown on resume and linked-in profiles
- iv. Open P-TECH is continuously uploading new learning content appropriate for future skills development for students

Hence all the Principals and JKC coordinators are instructed to Enroll all the Final year students in the link provided in the mail and see that every student must complete and get 6 Badges of IBM by 25<sup>th</sup> November 2020. This is a Free Course hence No fee may be collected from Students.

Sd /-  
**M.M.NAYAK, IAS**

**Special Commissioner of Collegiate education**

Copy To  
Principals of Govt. Degree Colleges  
RJDCes of Rajahmundry, Guntur and Kadapa  
AGO and all Academic Cell members, O/o CCE

//True Copy Attested//

*Tulasi*  
13/10/2020  
Academic Guidance Officer

**JKC MONITORING CELL**

		No.of Students Enrolled/Registered for JKC TCSiON Programme			IBM P-Tech		IIT Bombay		Internshala		CISCO (only 50 Colleges)
District	Name of the College	IIIrd year	IInd year	No of Students obtained Certificates (Till date )		No of Students obtained Certificates (Till date )	No.of Students Registered	No of Students obtained Certificates (Till date )	No.of Students Registered	No. of Students benefited	No.of Students Registered
	GDC Koilkuntla	30	50	60	40	5	140	110	4	0	NA
Anantapur	GDC (M)Ananthapur										
	GDC (W)Ananthapur	190	210	374	398	220	390	Waiting for the exam	150	0	42
	GDC Penukonda	45	23	10	30	2	17	1	0	0	NA
	GDC Rayadurgam	23	33	7	5	1	78	0	0	0	0
	GDC Tadipatri	15	5	1	10	10	0	0	21	21	NA
	GDC Uravakonda	45	15	45	80	62	84	0	2	0	0
	GDC Guntakal	45	49	18	68	29	103	51	0	0	0
	GDC Kalyandurg	60	35	75	50	15	60	130	10	0	0
	GDC (W) Hindupur	10	15	2	82	65	132	Waiting for the Exams	2	0	0
	GDC Bukkapatnam	14	21	35	22	15	24	0	0	0	Not Applicable
	GDC Dharmavaram	20	20	60	30	50	5	Waiting for the Exam Date	0	0	Not Applicable
	GDC Kadiri	27	7	1	35	2	24	0	10	0	Not Applicable
	GDC Madakasira	13	18	6	30	10	40	0	0	0	0



This is to certify that

**B Radhika**

successfully completed and received a passing grade in

# How to Build Chatbots

(CB0103EN, provided by IBMDeveloperSkillsNetwork)

A course on [yl-ptech.skillsnetwork.site](https://courses.yl-ptech.skillsnetwork.site)  
Powered by IBM Developer Skills Network.

Issued by  
**Open P-Tech Skills Network**

**January 7, 2021**

Authenticity of this certificate can be validated by going to:

<https://courses.yl-ptech.skillsnetwork.site/certificates/20acef05d4ff4fa380b9b46febb14a69>

Certificate ID Number: 20acef05d4ff4fa380b9b46febb14a69

January 7, 2021



### LIST OF LIFE SKILL COURSES

Semester	No. of Courses	Choices	Preferred Teaching Dept.
I	01	Computer Applications	Computers
		Human Values and Professional Ethics	English/Telugu/Any Dept
		Entrepreneurship	Commerce
II	01	Information and Communication Technology	Computers
		Indian Culture and Science	History/Telugu
		Elementary Statistics	Statistics/Maths/Economics/Commerce
III	02	Health and Hygiene	Zoology/Botany
		Personality Development and Leadership	English/ Any Dept
		Analytical Skills	Maths/Statistics
		Environmental Education	Botany/Zoology/Environmental Sciences/Any Dept.

STSN.GOV.T.DEGREE COLLEGE: KADIRI  
RESUSLT ANALYSIS- III SEMESTER & V SEMESTER-2020-21  
FOUNDATION COURSES

**ICT Result Analysis 2020-21**

ICT Result Analysis 2020-21							
Sl.No.	Group	Specialization	Appeared	Passed	Failed	Percentage	Group Wise %
1	BA	HEP	23	20	3	86	90.6
2		THP	12	9	3	75	
3		UHP	29	29	0	100	
4	B.Com	General	18	18	0	100	98.9
5		Comp.App	77	76	1	99	
6	B.Sc	BZC	45	45	0	100	97.3
7		CZS	19	18	1	95	
8		MPC	9	9	0	100	
9		MPCs	40	38	2	95	
TOTAL			272	233	4	93%	95.6

**CSS Result 2020-21**

CSS Result2020-21							
SLNo.	Group	Specialization	Appeared	Passed	Failed	Percentage	Group Wise %
01	BA	HEP	65	23	42	35.4	35.4
		THP					
		UHP					
02	B.Com	General	17	14	3	82.4	90.2
		Comp.App	75	69	6	92.0	
03	B.Sc	BZC	41	39	2	95.1	86.4
		CZS	19	9	10	47.4	
		MPC	8	8	0	100.0	
		MPCs	42	39	2	92.9	
TOTAL			267	178	23	66.7	70.6

  
**PRINCIPAL**  
 STSN Govt.DEGREE COLLEGE  
 KADIRI - 515 591  
 Sri Sathya Sai (Dist).

5.1.3. Capacity building and skills enhancement initiatives taken by the institution include the following 1.soft skills, 2. Language and communication skills. 3. Life skills (Yoga, Physical fitness, health and hygiene) 4. ICT/ computing skills

<b>Name of the capability enhancement program</b>	<b>Date of implementation (DD-MM-YYYY)</b>	<b>No of students enrolled</b>	<b>Name of th agencies/consultants involved with contact details</b>
Yoga-Life skills	16-12-2021	400	Kriya Yoga Susumna Yoga Center, Bangalore & Dept. of Physical Education
	18-12-2021	200	
	22-12-2021	150	





## YOGA & MEDITATION PROGRAMME



**S.T.S.N. Govt. Degree College**  
Department of Physical Education  
KADIRI. Sri Satya Sai Dist.



**Maharishi Patanjali -Father of yoga**

## YOGA & MEDITATION CLASSES INDEX

SL.NO.	DATE	PROGRAMME	PAGE NO.
1	16-12-2021	Granted Permission to conduct Yoga class every Saturday by the Principal	04
2	-	Literature of the Yoga	05
3	18-12-2021	Padmasana & Pranyama Sadhana with Mudra (Bastrika)	11
4	22-12-2021	Padmasana & Susumna kriya Pranayama Sadhana with Mudra	13
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			



~~16/12/21~~

To

The Principal,  
S.T.S.N. Govt. Degree College,  
KADIRI.  
Anantapur District.

Respected Madam,

The Department of Physical Education would like to organize Yoga classes to our students for Capacity Building of their personality.

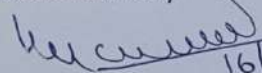
I request you madam to grant permission to conduct Yoga classes every Saturday first period in our college.

This is for your kind information and consideration.

Thanking you madam

Sir, Kindly involve  
all the class teachers  
and good wishes as  
it's a wonderful programme  
to build capacity  
among stakeholders

Yours Faithfully

  
(Dr.R. NARASIMHACHARI) 16/12/21

✓

# YOGA AND ITS CONTRIBUTION TO THE WORLD

## INTRODUCTION

### Vedic period

There are some misconceptions in regard to yoga. Prevalent especially among some sections in the west. Yoga is not magic or a feat of any kind, physical or mental. It is neither drill nor frill. Yoga is subjective science based on a sound philosophy and deep psychology. Its spiritual mental or physical important cannot be separated from each other. It is proposed to place before all seekers, the main principles that underlie the gospel of the Bhagavad-Gita in its aspect of practice or the Yoga of Meditation. It is well-known to everyone that this celestial gospel, the Divine Song of the Lord, is a message that is communicated to mankind as a whole; and it is much more than merely a historical occurrence in the context of the Mahabharata, as most people would regard it to be.

The Bhagavad-Gita has a multi-faceted significance. It is a social message, a political gospel; it is a historical narrative an epic of the greatest conceivable magnificence and also the enunciation of a spiritual principle and the most valuable instruction on the way of life in general that can be applied equally without exception to every human being. Of the numerous worlds that repeatedly occur in the scriptural and spiritual literature in Sanskrit, “Yoga” seems to be carrying a place of prominence. It has been given the status of separate system of philosophy amongst the six prominent systems of the Hindu philosophy. In fact, it is regarded as a branch of the snake system which is less orthodox than yoga itself. The word ‘yoga’ comes from ‘yuj’ root in Sanskrit which means ‘union’, Patanjali, the author of this system, interpreted yoga to mean the act of ‘fixing or concentrating the mind in abstract meditation’. Oxford Dictionary regards it, “As a Hindu system of philosophic meditation and asceticism designed to affect the reunion of the devoted soul with the universal soul”. Even then yoga seems to mean so many things to so many people because through the ages it has been used in variety of ways Patanjali thinks that yoga is effected by preventing the modifications of Citta or the thinking principle, by keeping the mind in its unmodified state a state clear as crystal when uncoloured by contact with other substances and by the practice of vairagya a state of abstinence or non attachment that is complete suppression of the passions. Lord Sri Krishna in the Gita says that yoga is a way by which a person can discharge his duties efficiently with mental equilibrium and body poise.

The yogic Dr. Sampurnanand gives an exalted status of “spiritual kamadhenu (the mythical cow that bestows everything when asked) all given.” The sage Vyasa in Bhagavad Gita claims that yoga is essentially “a meditative trainee”. Thus yoga has taken different meanings through the ages. In fact the system of yoga appears to be a mere contrivance for getting rid of all thought, or at least for concentrating the mind with the utmost intensity upon nothing in particular. It is a strange compound of mental and bodily exercises, consisting of unnatural restraint forced and painful postures twisting and contortions of the limbs suppressions of the breath and utter absence of mind. But although the yoga, enunciated by Patanjali professes to affect union with the universal spirit by means such as these, it should be observed that far more severe austerities and self imposed physical mortification are popularly connected with the yoga system.

As to the date of origin of yoga nothing can be said with certainty. However claims have been made that it is as old as the Hindu culture itself. We have no other Historical source except widely scattered references to yoga in the ancient Sanskrit literature. Excavations at Mohenjo-Daro reveal that yoga was practiced in India as early 3000 BC. Most of the Vedic literature is supposed to have been written some time in 2100 BC, where yoga has been frequently referred to as 'a way of life', afterwards in Upanishads numbering 180. Out of these ten are said to be very old and very important, have explained the philosophy, laws principles governing yoga. The knowledge and wisdom which these Upanishads were. The Bhagavad Gita which was written approximately in 400 BC. Contains ample discussion on yoga and its practices. It considers yoga as the only means of renunciation and emancipation. In Ramayana and Mahabharata ages yoga has been understood to have reached all and sundry and much has been written on the yogic exercises and concentration of mind. During the middle ages many yogis of name and fame have been mentioned in the books of history. Here pathanjali has been thought to be one of the leading most yogis. This should, then be understood that pathanjali was not the profounder the yoga system but only a treatise classifier or codifier. It is also said that this Pathanjali was responsible for bringing yoga into the status of a science and many treatises written by this yogi are freely available now poets like Kabir, Surdas, Tulsidas, Nadeve etc. have much talked about yoga in their poems and songs many saints like Guru Nanak stressed the need for yoga only as a way of life but not as an austere discipline of penance. All this shows that yoga as a celebrated philosophy originated in India and thus remained as a part of religious duty for every Hindu.

### **Muslim and Mughal Period**

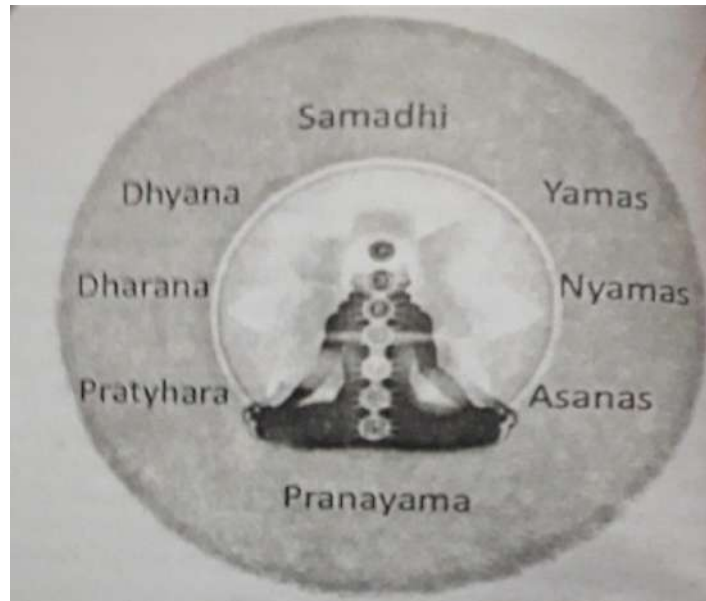
The greatest set back to yoga, of course, came during the Muslim and the Mughal periods but ;now only the east but the not the west is practically willing to seek refuge in of life as a means yoga way of getting rid of the stresses, strains and created by the modern tensions, science and civilization.

### **TYPES OF YOGA**

Yoga has never been used in a narrow sense, rather it is all pervading no aspect of life seems to be devoid of yogic- approach for the welfare of the humanity during its existence. It the aim of yoga is the 'union of the individual soul with the supreme soul with the supreme soul', it can be understood that there are many ways and methods to effect that union. Hence yoga is of numerous types depending upon one's inclination, resources and capacity. The main types of yoga are Gyan yoga, Karma yoga, Ashtang yoga, Raja yoga, Hath yoga, Kundli yoga and Sama yoga. All lead to the same destination salvation or union with Supreme Being.



## ELEMENTS OF YOGA



These elements are means of mental concentration. They should be considered as the stepping-stones to find achievement. We enumerate them as follows:

1. Yama ( for balance)
2. Niyama ( for religious observance)
3. Asana ( for postures)
4. Pranayama ( for suppression of the breath or breathing in a peculiar way)
5. Pratyahara ( for restraint of the senses)
6. Dharana ( for steadying of the mind)
7. Dhyana ( for contemplation)
8. Samadhi ( trance)

The first five make external yoga while the other three internal yoga. All of these elements have further sub-divisions according to Patanjali there are five yamas i.e. Ahimsa (non violence), Satya (truth), Asteya (conquest of the island of steadying), Aprigraha (non receiving), Brahmacharya (celibacy). Then come Niyamas they are no doubt indispensable and their importance cannot be under-estimated but it seems that much stress has not been laid on their observance; Niyams are also five in number i.e. Shauch (regularly obeying the call of nature or cleanliness) Santosh (contentment), Tapas (penance), Swadhya (self-study) and Ishavar paridhan (good –consciousness). Asanas (postures) are incalculable in number. They are as many in number as there are species of birds and animals. For physical vigour, mental poise and spiritual upliftment all these asanas, advisably done with Pranayama, are significantly important. Many of the pictures are said to be curative in nature they have medicinal effect on the various physiological functions of the human organism pranayama is in fact a part of up asana or Devotion. It has three phases i.e. Purak (inhalation), Rechak (Exhalation) and Kumbhak (suppression of the breath). After the adoption of the correct

posture one aims at synchronizing inhalation-exhalation process to such an extent that there is natural and automatic suppression of the breath. This state is called pranayam. Pratyahar is restraining the senses which are gateways of knowledge. In fact pratyahar simply means bringing back i.e. bring the senses back from the sensual pleasures which are often the

Cause of mental distraction and bodily pains because from the spiritual point of view the cause of all troubles in the world are desires and the senses are stimulants of worldly desires. When senses have been controlled, through it is considerably difficult, there is an attempt to steady one's mind.

To these yogis call 'Dhar' which means steadying and concentrating one's on particularly nothing. After the mind has been steadied the real contemplation (Dhyan) starts. At this state there is neither smooth flow of deep thinking neither hampered nor distorted. This state of body and mind can be compared to the smooth flow water in a stream which is never disturbed whether the waves are too big or too small. The state of mind which originates in Dhyan now does not culminate in Samadhi or profound meditation, the highest state of yoga where there is neither dark nor nought, neither dark nor light, neither pleasure nor pain etc. Dhyan, Dharma and Samadhi all the three together make Sanyam (restraint or control). Profound mention enables the jiva to merge with the Brahma.

We have seen the yoga is not something ordinary physical exercise or a way of worship. It is a means through which not only does one enjoy the blessing of this life possessing good health but also mitigate the pains and sufferings of death.

It is erroneous to think that yoga was meant for the people of antiquity only. Rather modern man needs yogic practices more than the ancient man did simply because the modern world which is getting madder everyday in the pursuit of materialistic philosophy and sensual pleasures, is a conglomeration of psychic tensions and physical tribulations. Yoga originated in India and spread to many parts of the west especially Europe and America where people are readily embracing it as a means of maintaining mental equilibrium and peace. There are now a day's more yogic centres in America than we find in India. A lot of research is being conducted on the effect of yogic exercises on the body and mind but there are higher stages in yoga where scientific experimentation especially that in the laboratory, cannot intrude upon, these stages are purely personal. In Tibet, every Lama takes it to be his duty to practise yogic exercises every day and they think that Tibet is ahead of India now in this respect.

## TYPES OF BANDHAS

Bandha's are yogic techniques of controlling involuntary organs connected with the nervous system. Their effects on the groups of nerves are remarkable. They possess a great curative value in many physical ailments and disorders. Their psychological and physiological value cannot be underestimated. In yoga four Bandha has are popular and are practiced by yoga experts.

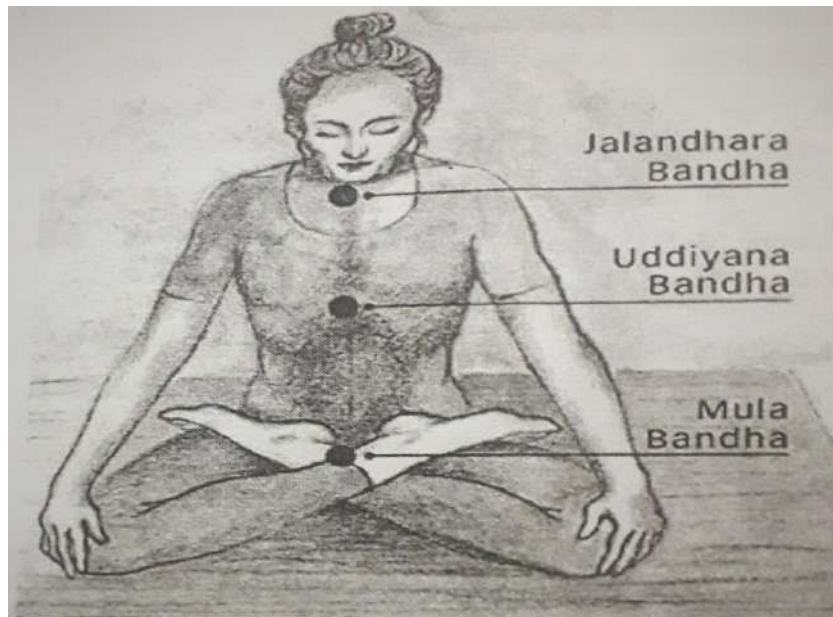
Banda means to lock, close –off, to stop. In the practice of a Banda, the energy flow to a particular area of the body is blocked.

When the Bandha is released, this causes the energy to flood more strongly through the body with an increased pressure.

There are four types of Bandhas:

- Jalandhara Bandha – Chin lock
- Uddiyana Bandha - Lifting of the Diaphragm
- Mula Bandha- Anal lock
- Maha Bandha- Practice of all three Bandhas at the same time.

Generally, the breath is held during practice of the Bandhas. Mula Bandha and Jalandhara Bandha can be performed after the inhalation as well as after the exhalation. Uddiyana Bandha and Maha Bandha are only performed after the exhalation.



## Benefits

As the Bhandhas momentarily stop the flow of blood, there is an increased flow of fresh blood with the release of Bhandha, which flushes away old, dead cells. In this way all the organs are strengthened, renewed and rejuvenated and circulation is improved.

Bandhas are also beneficial for the brain centres, the Nadis and the Chakras. The energy channels are purified, blockages released and the exchange of energy is improved. Bandhas alleviate stress and mental restlessness and bring about inner harmony and balance.

## Caution

Before attempting to perform the Bandhas, the breathing techniques of the previous levels must have been practiced regularly for a long period of time.

Before proceeding with the breath exercise in this and the following levels, first read and study the explanation given for the relevant Bandhas and Mudras as they are incorporated into the breathing techniques.

## TO MODERN MAN YOGA DECIDEDLY PROVIDES THE FOLLOWING BENEFITS:

1. Yogic asana are a cure and a prevention of many diseases especially that of stomach or digestion.
2. It is means by which the delicate balance of the bodily humours of Kaff, Vata, and Pita is maintained.
3. Yoga is the simplest form of relaxation, thus the horror of psycho-somatic diseases does not loom large on those who practise yoga daily.
4. Yoga has a hygienic effect. Exercises like Neti, Dhوتي, Meoti etc., are meant for cleansing various organs of the body.
5. For mental poise and peace yoga is a must.
6. In order to accomplish spiritual tasks, it is necessary to stimulate higher processes of the brain fro which yoga helps us to a great extent.
7. There has cropped up great controversy about the effect and efficacy of breathing exercises in yoga but it should be understood that yoga helps in regularity, the breathing mechanism and increasing vital capacity.
8. It is a means to the achievement of salvation after death. Science cannot
9. Corroborate this presumption.
10. It is the most economical activity.

In India lot of money is being spent on the research on yoga. It is again becoming popular every day. Centres are being opened everywhere to attract people to the practice of Yoga. These big centres at Bombay, Calcutta, Chennai etc. Make people conscious that salvation of humanity lies in yoga.





Padmasana & Pranayama Sadhana along with our Principal Madam on 18-12-2021



Padmasana & Pranayama Sadhana along with our Principal Madam on 18-12-2021





Padmasana & Pranayama Sadhana Students along with Staff Members on 18-12-2021



Padmasana & Pranayama Sadhana with Mudra Students on 18-12-2021





Susumna Yoga Kriya Sadhana with Mudra on 22-12-2021



Susumna Yoga Kriya Sadhana with Mudra on 22-12-2021



Susumna Yoga Kriya Sadhana on with Mudra 22-12-2021





Padmasana & Meditation Sadhana with Mudra on 22-01-2022



Yoga Asana activity Performed by T.Venkatash, II MPCs. of our college Student on the occasion of the Republic Day celebrations 26-01-2022. Programme organized by Dr. R.Narasimhachari, Physical Director



Shershasana



Kukkutasana



Bakasana



Chakrasana



Masthisasana



Vruchikasana





Ardhamasthandrasana



Yakapada Bhujangasana



Dwipada Bhujangasana



Vajrasana & Meditation (Anuloma, Viloma) with Mudra on 05-02-2022





Yoga Sadhana (Padmasana with Mudra) Anuloma-Viloma & Kapalabhati  
(Pranayama) on 26-03-2022





Practicing Padmasana, Vrukshsana & Pranayama Sadhana Principal, Staff & Students  
on **30-04-2022**





Practicing Padmasana, Vrukshsana & Pranayama Sadhana Principal, Staff & Students  
on **30-04-2022**





Pranayama (Bhastrika, Anuloma-Viloma) Sadhana on 21-05-2022





Practicing Tadasana, Demonstration by Dr.R.Narasimhachari, Lecturer in Physical Education on 21-05-2022



Our Principal Madam inaugurated the International day of Yoga programme on 21-06-2022



Lightning of the lamp by all our Guests





Yoga guru Gondrala Narayanamurthy demonstrating the yoga & Pranayama



(Anuloma-Viloma) Pranayama sadhana







Jalandhara Banda Yoga sadhana on 21-06-2022



Vrikshasana Yoga sadhana by the students on 21-06-2022



Trikonasana Yoga sadhana by the students on 21-06-2022