



Group photo

21st June 22, 2020

80 volunteers are taken part on this programme all are benefited

The Chief Guest was Mr M Ramakrishna Garu

Regional director, NSS Telangana state

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| | | | |
| NATIONAL SERVICE SCHEME - OSMANIA UNIVERSITY CELL Celebration of International Yoga Day on 21stJUNE, 2020 | | | |
| | | | |
| President of the Programme | Dr. G. Yadagiri, Joint Director, FAC , Collegiate Education & Principal, Government Degree College for Women, Begumpet, Hyderabad-16. | | |
| Chief Guest of the Programme | Sri. M. Ramakrishna, NSS Regional Director, TS & AP States Ministry of Youth Affairs Government of India | | |

| | | |
|----------------------------------|--|---|
| Guest of Honour of the Programme | Dr. M. Ramulu, NSS Programme co-ordinator & Associate Professor of Economics, Osmania University, Hyderabad District, Telangana |  |
| Guest of Honour of the Programme | Prof M Kumar Executive Council Member Osmania University & Principal, University Engineering College, Osmania University Hyderabad |  |
| 1- Speaker of the Programme | Smt. Tuti. Sandhya Senior Faculty, Mahatma Gandhi National Council of Rural Education, Government of India. TOPIC: <i>(Theory Yoga)</i> <i>"The Significance Of Yoga on Personality Development"</i> |  |
| 2- Speaker of the Programme | Prof. A. Sadananda Chary, Director, BC . Cell & Professor of Physics, Osmania University, Hyderabad. TOPIC: <i>(Practical Yoga)</i> <i>"The Significance Of Yoga on Personality Development"</i> |  |

Date : 21-06-2020
Time: 9:30 am
Zoom ID: 851 0428 8869
Password: 023648

Hosted by :
Dr. K. Venkateswarlu
Assistant Professor of Sanskrit & NODAL OFFICER -NSS, Hyderabad District Osmania University, Hyderabad Government of T



లాక్ డౌన్ పొడిగిద్దాం - కేసీఆర్ మాటకు మోడి ఓకే | Some States of i...



DR K Venkateswarlu Dr. Ramulu M

arroju chary Dr. K. Ramesh Babu

Hand icon VASavl.



Zoom

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Significance of yoga in modern life

- All these have positive impacts which we can easily get in practising yoga. Yoga will reduce the risk of getting so many diseases which resulted from our day to day lifestyles
- Health is a primary goal of any individual and hence without spending lots of money by practicing Yoga one can achieve proper health. .

AshtgSM-II - PowerPoint

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1 STRESS MANAGEMENT

2 PATANJALI'S ASHTANGA YOGA

3 THE EIGHT LIMBS OF YOGA

4

5 1 YAMA (ETHICAL DISCIPLINE)

Slide 2 of 29 English (India)

Type here to search

ENG

4:18:20 PM

PATANJALI'S ASHTANGA YOGA


PATANJALI around 2000 years ago renamed RAJA yoga as ASHTANGA yoga

In his book, namely Patanjali yoga sutras(PYS) consisting of 196 aphorisms there are 4 parts

1. Samadhi pada(51)
2. Sadhana pada(55)
3. Vibhuti pada(56)
4. Kaivlya pada(34)

2nd part and 3rd parts describe Ashtanga yoga. In terms of a Sloka (II-29PYS) in Sanskrit it says:
 "Yama-Niyamaasana-Pranayama-Pratyaharam-Dharana-Dhyana-Samadhyoshtavangani"
 [Meanings: ashtav=eight; angani=limbs; others are clear]

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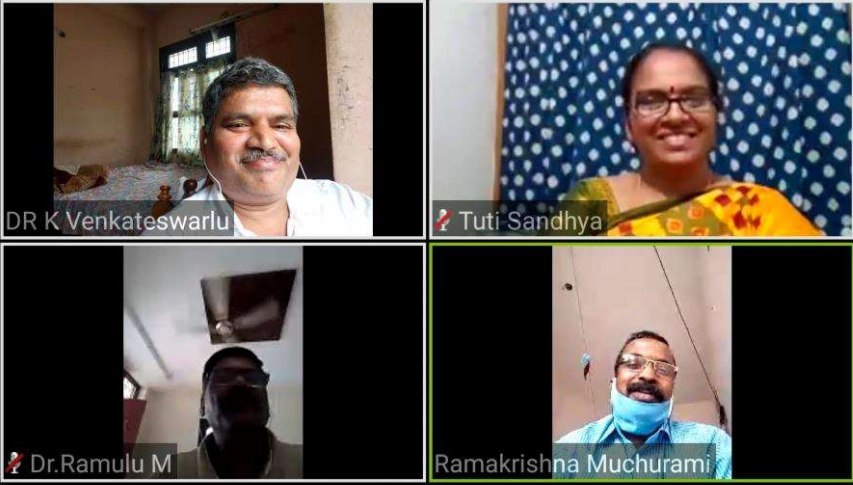


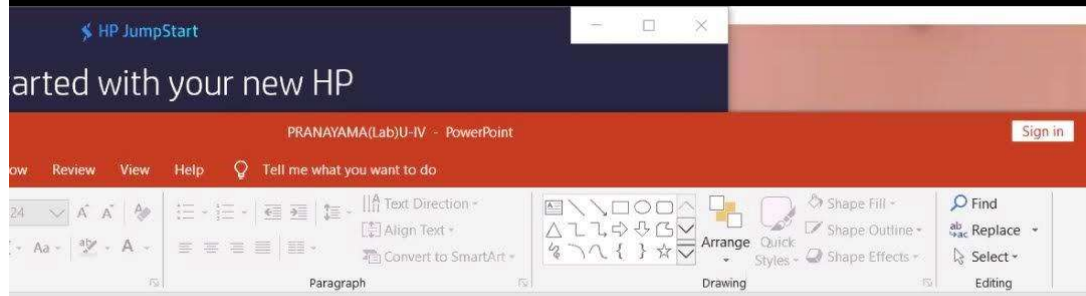
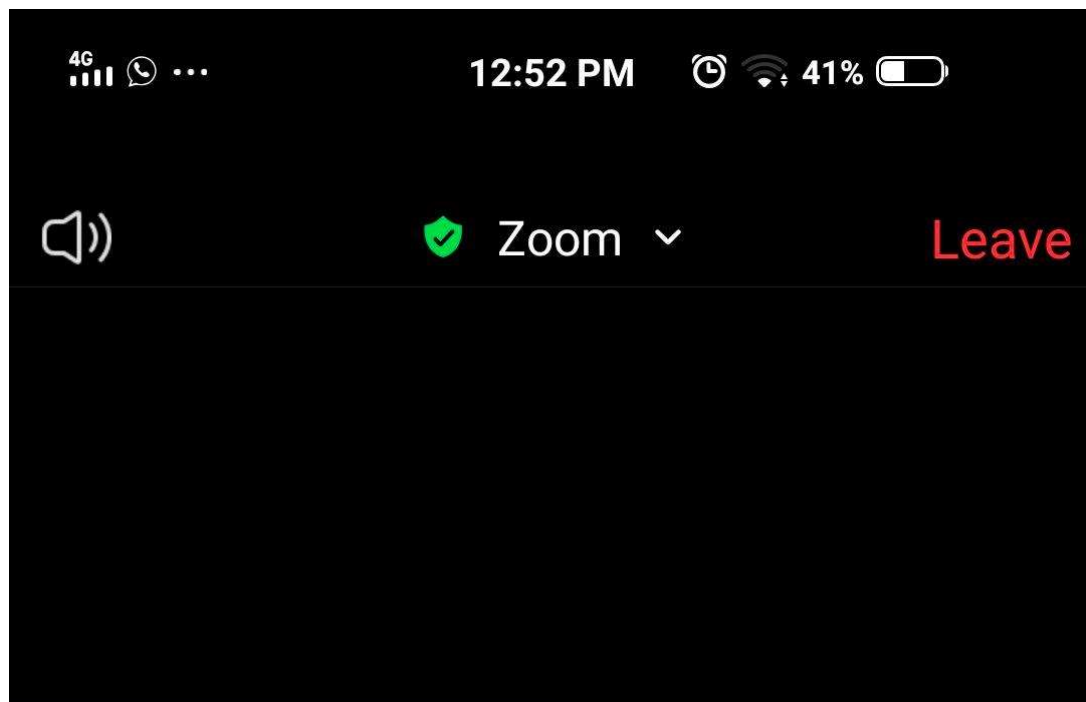
DR K Venkateswarlu

Tuti Sandhya

Dr.Ramulu M

Ramakrishna Muchurami





Nadishodhana

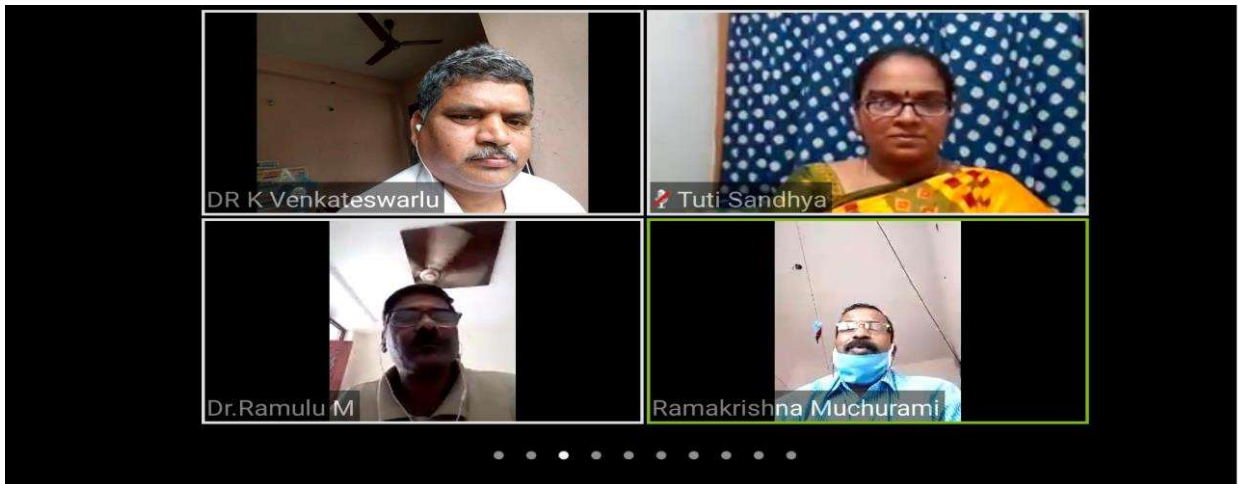
Method:

1. Padmasana, left hand jnana mudra, right hand pranayama mudra
2. Close the right nostril with the right thumb, inhale completely but slowly through the left nostril, close the left nostril with ring finger and apply tribandh
3. Exhale slowly but fully through the right nostril, apply tribandh
4. Inhale through right and exhale through left with tribandh in between and after. Repeat 5 cycles
5. Beginners 1:2:2:0, slightly experienced 1:2:2:1 and advanced practioners 1:4:2:1 for inhalation, retention exhalation and retention respectively.

Benefits: Nadis get activated, calms down the mind

Limitations: Asthma, heart, high BP patients to avoid kumbhak





4G 10:23 AM 81%
Close Participants (86)

- Search
- DK** DR K Venkateswar... (me, co-host) >
 - RB** Ramesh Babu (host) >
 - DB** Dr.K.Ramesh Babu >
 - LS** L SIVA RAMA KRISHNA >
 - TS** Tuti Sandhya >
 - (P** (320) P.Deepak reddy ,ME D... >
 - (V** (328)-yashwanth vudathu >
 - 3D** 308 Dhanuj >
 - 3P** 313 Poojitha >
 - 3M** 314 Maneesh Geeth >
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