vaidik yogpeeth trust

Memorandum of Agreement

Between

MKR Government Degree College

Devarakonda

&

Vaidik Yogpeeth Trust

Nalgonda.

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VADIK YOGPEETH TRUST

Yoga Studies & Reasearch Centre, Nalgonda
Reg.No. BK-IV/14/2019
కేంద్ర కార్యాలయం : 6-1-196/8, బోయవాడ, నల్లగొండ. తెలంగాణ, దూరవాణి: 9989982335
Email : vaidikyogpeethtrust@gmail.com. Website: vaidikyogpeethtrust.org

Date : 03.02.2021

MEMORANDUM OF UNDERSTANDING

We, the MKR Government Degree College, Devarakonda, Nalgonda District and Vaidik Yogpeeth Trust, Nalgonda District hereby declare that both organizations are rendering social service in their respective capacity have come together to execute a memorandum of understanding to carry on the activities noted below.

1. We, would like to organise, the regular yogic exercises to our students such as Asanas, Pranayama, Meditation and Shatkriyas.
2. We would like to have certificate course in yoga, training Programs and yoga camps to be held in college campus.
3. We want to help, students to cultivate & develop the power of concentration with the cooperation of Vaidik Yogpeeth Trust.
4. We aim at physical fitness and overall development of student's personality of both mental and physical. We need counseling services from Vaidik Yogpeeth Trust.
5. The certificates would be issued to students, those who take part in various activities
6. Both organizations do not have any commercial considerations, but will aim at rendering of social service. The agreement shall be terminated as and when one of the organizations wish to do so.
7. This MOU is executed on **03-02-2021** in the presence of both the parties and witness for the duration of 3 Years.

WITNESS

1) (M. Satyanarayanath).

2) (G. Linga Reddy).

Place: Nalgonda

PARTIES

For: VAIDIK YOGPEETH TRUST
Founder Trustee.

PRINCIPAL (FAC)
M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt. 508248

Learning Outcomes

- The student will be able to demonstrate proficiency at the poses covered in syllabus (at a basic level)
- The student will increase their dynamic flexibility in the work outcomes.
- The student will get and experience proper breathing techniques.
- Synchronize the mind and body.

Assessment of performance

- Certificate of completion will be given to the students who attend all the classes and demonstrated well at end of course duration.
- Viva question for the theory and demonstration of practice is being observed by two examiners (one internal and one external).

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Certificate Course on Basic Yoga

Syllabus

The course is designed on the basis of learning hours required by an average student.

Theory- 10 Hours

Unit 1 – Introduction to Yoga

- Yoga, definition, aims, and objectives.
- Rules and regulations to be followed by yoga practitioners.
- Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)

Unit 2 –Yoga for Health Promotion

- Brief introduction to human body
- Role of yoga for health promotion
- Yogic attitudes and practices
- Holistic approach of yoga towards the health and diseases
- Introduction to yoga diet and its relevance and importance in yoga Sadhana
- Dinacharya and Ruthucharya with respect of yogic Lifestyle

Practice- 20 Hours

1. Practice of Sukshmavyayama
2. Practice of Surya Namaskar
3. Practice of Asanas

A. Practice of Halasana
B. Practice of Pawanmuktasana
C. Practice of Bhujangasana
D. Practice of Shalabhasana
E. Practice of Gomukhasana
F. Practice of Vakrasana
G. Practice of Ustrasana
H. Practice of Mandukasana
I. Practice of Shashankasana
J. Practice of Janusirasana
K. Practice of Vrukshasana
L. Practice of Padahastasana
M. Practice of Paschimottansana

4. Practice of Nadi Shudhi
5. Practice of Mudras and Bandha
6. Pranayamas
7. Meditation

Reference Books:

1. Light on Yoga by B.K.S. Ayengar, HarperCollins India, 2006
2. The Yoga Sutras of Patanjali by Sri Swami Satchidananda, Integral Yoga Publications, 1999.

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vaidik yogpeeth trust

MKR Govt. Degree College

Devarakonda, Nalgonda Dist.

CERTIFICATE COURSE ON BASIC YOGA

MKR Government Degree College, Devarakonda in association with Vadic Yogapeeth Trust, Nalgonda, is offering a Certificate Course in Yoga, with an aim to impart basic concepts of Health and Yoga.

Vadic Yogapeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes & camps on Physical & Mental Health in the College.

Course Details:

Name of the Certificate Course: **Basic Yoga**
Duration: **30 Hours**
Period: **08- 24, February 2021**
Course Introductory Session: **08-02-2021**

Course Objectives:

- To describe the basic principles and practice of yoga.
- To attain both physical and mental health through Yoga.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Resource Person: Sri M .Karunakar, Yoga guru, Vedic Yogapeeth Trust, Nalgonda

Organising Committee: Sri G. Lingareddy, Lecturer in Physics
Smt. S. Sarada Devi, Asst Prof of Commerce
Sri J. Viswanadh Kumar, Asst Prof of Telugu, NCC, ANO.

Advisory Committee: **Sri N. Bala Naik, Asst Prof of Commerce**
Smt Sk Arifa, Lecturer in Mathematics
Smt K Renuka, Lecturer in History

Technical Assistant: **Sri R. Shiva Krishna, TSKC FTM**

Chairperson: **Dr Ch Rama Raju, Principal.**

Ch Rama Raju
PRINCIPAL (FAC)
M.K.R. Government Degree College,
Devarakonda, Nalgonda, Dt: 508248

MKR Government Degree College,Devarakonda			
Certificate Course in Basic Yoga			
2020-21			
List of Candidates			
S.No	H.T.No	Name of the Student	Signature of the Candidate
1	18044026445007	K.Sandep	K.Sandep
2	18044026445012	M.Shiva Kuamr	M. Shiva Kumar
3	18044026445015	P.Srikanth	P. Srikanth
4	18044026445505	G.Dinesh Kumar	G. Dinesh Kumar
5	18044026445506	G.Prasanna	G. prasana
6	18044026445508	M.Naga Raju	M. Naga Raju
7	18044026445512	R.Mothilal	R. Mothilal
8	18044026445513	R.Sindhu	R.Sindhu
9	18044026468006	B.Ramanjulu	B. Ramanjulu
10	18044026468009	G.Naga Raju	G. Nagaraju.
11	18044026468011	G.Kiran Kumar	G. Kiran kumar
12	18044026468012	I .Praveen Kumar	I. Praveen kumar
13	18044026468018	M.Sipai	M. Sipai.
14	18044026468021	R.Ashok	R. Ashok
15	18044026468027	V.Praveen	V. praveen
16	18044026468029	V.Rajendar	V. Rajendar.
17	18044026405007	D.Anil Kumar	D. Anil Kumar.
18	18044026405010	G.Anil	G. Anil
19	18044026405016	K.Hanma Naik	[illegible]
20	18044026405023	R.Suresh	R. [illegible]
21	18044026405030	V.Nagaraju	V. Nagaraju.
22	18044026405027	V.Prasanna	V. Prasana
23	17044026405013	G.Vamshi	G. vamshi
24	18044026401514	K.Dhanaiah	K. Dhanaiah
25	18044026111506	B.Shiva	B. Shiva
26	18044026111514	K.Devender	K. Devender
27	18044026129013	P.Anil	P. Anil
28	18044026129021	S.Sridhar	S. Sridhar.
29	18044026129504	E.Naveen	E. Naveen
30	18044026129513	N.Sathish	N. Sathish.
31	18044026156508	K.Hari Krishna	K. Hari krishna
32	18044026129517	R.Sravan	R. Sravan

MKR Government Degree College,Devarakonda

Certificate Course in Basic Yoga

2020-21

Attendance Sheet

Sl. no	Name of the student	Group	Duration:30 hrs							
			8/2/2021	9/2/21	10/2/21	11/2/2021	12/2/2021	13/2/2021	15/2/2021	16/02/2021
1	K.Sandep	BSC(BZC) III	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep
2	M.Shiva Kuamr	BSC(BZC) III	M.Shiva Kumar	M.Shiva Kumar	M.Shiva Kumar	M.Shiva Kumar	M.Shiva Kumar	M.Shiva Kumar	M.Shiva Kumar	M.Shiva Kumar
3	P.Srikanth	BSC(BZC) III	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth
4	G.Dinesh Kumar	BSC(BZC) III	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh
5	G.Prasanna	BSC(BZC) III	G.Prasanna	G.Prasanna	G.Prasanna	—	G.Prasanna	G.Prasanna	G.Prasanna	G.Prasanna
6	M.Naga Raju	BSC(BZC) III	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju
7	R.Mothilal	BSC(BZC) III	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal
8	R.Sindhu	BSC(BZC) III	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu
9	B.Ramanjulu	BSC(MPCs) III	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu
10	G.Naga Raju	BSC(MPCs) III	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju
11	G.Kiran Kumar	BSC(MPCs) III	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran
12	I .Praveen Kumar	BSC(MPCs) III	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar
13	M.Sipai	BSC(MPCs) III	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai
14	R.Ashok	BSC(MPCs) III	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok
15	V.Praveen	BSC(MPCs) III	V.praveen	V.praveen	V.praveen	—	V.praveen	V.praveen	V.praveen	V.praveen
16	V.Rajendar	BSC(MPCs) III	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar
17	D.Anil Kumar	B.Com (CA) III	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar
18	G.Anil	B.Com (CA) III	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil
19	K.Hanma Naik	B.Com (CA) III	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma
20	R.Suresh	B.Com (CA) III	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh
21	V.Nagaraju	B.Com (CA) III	V.Nagaraju	—	V.Nagaraju	V.Nagaraju	V.Nagaraju	—	V.Nagaraju	—
22	V.Prasanna	B.Com (CA) III	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna

MKR Government Degree College,Devarakonda

Certificate Course in Basic Yoga

2020-21

Attendance Sheet

Sl. no	Name of the student	Group	Duration:30 hrs							
			17/2/2021	18/2/2021	19/2/2021	20/2/2021	22/2/2021	23/2/2021	24/2/2021	Remarks
1	K.Sandep	BSC(BZC) III	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep	K.Sandep	
2	M.Shiva Kuamr	BSC(BZC) III	M.Shiva	M.Shiva	M.Shiva	M.Shiva	M.Shiva	M.Shiva	M.Shiva	
3	P.Srikanth	BSC(BZC) III	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	P.Srikanth	
4	G.Dinesh Kumar	BSC(BZC) III	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	G.Dinesh	
5	G.Prasanna	BSC(BZC) III	G.Prasanna	—	G.Prasanna	G.Prasanna	G.Prasanna	G.Prasanna	—	
6	M.Naga Raju	BSC(BZC) III	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	M.Nagaraju	
7	R.Mothilal	BSC(BZC) III	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	R.Mothilal	
8	R.Sindhu	BSC(BZC) III	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	R.Sindhu	
9	B.Ramanjulu	BSC(MPCs) III	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	B.Ramanjulu	
10	G.Naga Raju	BSC(MPCs) III	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	G.Nagaraju	
11	G.Kiran Kumar	BSC(MPCs) III	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran	G.Kiran	
12	I .Praveen Kumar	BSC(MPCs) III	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	I.Praveenkumar	
13	M.Sipai	BSC(MPCs) III	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai	M.Sipai	
14	R.Ashok	BSC(MPCs) III	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok	R.Ashok	
15	V.Praveen	BSC(MPCs) III	V.praveen	—	V.praveen	V.praveen	—	V.praveen	V.praveen	
16	V.Rajendar	BSC(MPCs) III	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	V.Rajendar	
17	D.Anil Kumar	B.Com (CA) III	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	D.Anil Kumar	
18	G.Anil	B.Com (CA) III	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil	G.Anil	
19	K.Hanma Naik	B.Com (CA) III	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma	K.Hanma	
20	R.Suresh	B.Com (CA) III	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh	R.Suresh	
21	V.Nagaraju	B.Com (CA) III	V.Nagaraju	V.Nagaraju	—	V.Nagaraju	V.Nagaraju	V.Nagaraju	V.Nagaraju	
22	V.Prasanna	B.Com (CA) III	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	V.Prasanna	

Sl. no	Name of the student	Group	8/2/2021	9/2/21	10/2/21	11/2/2021	12/2/2021	13/2/2021	15/2/2021	16/02/2021
23	G.Vamshi	B.Com (CA) III	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi
24	K.Dhanaiah	B.Com (G) III	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	Dhaniah	Dhaniah
25	B.Shiva	BA(EPP)III	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva
26	K.Devender	BA(EPP)III	K.Devender	K.Devender	K.devender	K.devender	K.devender	K.devender	K.devender	K.devender
27	P.Anil	BA(EHP)III	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil
28	S.Sridhar	BA(EHP)III	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar
29	E.Naveen	BA(EHP)III	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen
30	N.Sathish	BA(HHP)III	N.Sathish	N.sathish	N.Sathish	N.Sathish	N.sathish	N.Sathish	N.Sathish	N.Sathish
31	K.Hari Krishna	BA(HHP)III	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna
32	R.Sravan	BA(HHP)III	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan

Sl. no	Name of the student	Group	17/2/2021	18/2/2021	19/2/2021	20/2/2021	22/2/2021	23/2/2021	24/2/2021	Remarks
23	G.Vamshi	B.Com (CA) III	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi	G.vamshi	
24	K.Dhanaiah	B.Com (G) III	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	K.Dhaniah	
25	B.Shiva	BA(EPP)III	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva	B.Shiva	
26	K.Devender	BA(EPP)III	K.devender	K.devender	K.devender	K.devender	K.devender	K.devender	K.devender	
27	P.Anil	BA(EHP)III	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil	P.Anil	
28	S.Sridhar	BA(EHP)III	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar	S.sridhar	
29	E.Naveen	BA(EHP)III	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen	E.Naveen	
30	N.Sathish	BA(HHP)III	N.Sathish	N.sathish	N.sathish	N.sathish	N.sathish	N.sathish	N.sathish	N.sathish
31	K.Hari Krishna	BA(HHP)III	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	K.Hari krishna	
32	R.Sravan	BA(HHP)III	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan	R.Sravan	

Ch.RamaRaj
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PHYSICS LAB

vaidik yogpeeth trust

MKR Govt. Degree College,
Devarakonda, Nalgonda

MAGALA KUNDAL RAO GOVERNMENT COLLEGE
DEVARAKONDA, T.S.
SAA VIDYA YAA VIMUKTAYE

Certificate

This is to certify that M. Sipai s/o/d/o M. Saida

class B.Sc (MPC) - III has completed Certificate Course in Basic Yoga conducted during 8 - 24 February 2021.

Yoga Coordinator

Principal
PRINCIPAL (FAC)
M.K.R. Government Degree
Devarakonda, Nalgonda, Dt.