

RURAL YOGA PROGRAM

Date - 23-01-2019 TO 23-02-2020

One month Rural Yoga Program was organized in six villages of Tirupati rural from 23-01-2019 to 23-02-2020. The objective of the camp is to inculcate a sense of Well- Being and promote good health through Yoga Training in rural people.



People of the villages, secretaries and panchayat sarpanch extended a warm welcome to the Honbl'e Vice Chancellor, Faculty of Yoga Department and Yoga students.

The camp was inaugurated by Honbl'e Vice Chancellor Prof.V. Muralidhara sharma garu has flagged off the Yoga awareness rally. The event is attended by Prof.

Ranisa dashiva

Murthy Dean Academic affairs, Prof. Dakshina Murthy, PRO, Dr. Jyothi, all the Yoga faculty and students enthusiastically took a march on the roads carrying placards with messages of "Yoga for Health and Harmony".

Honbl'e Vice Chancellor described the need of maintaining health to excel in all walks of life particularly

in rural people. He shared

his personal experience, as yoga practitioner with the participants and urged them to learn the yoga techniques during the camp period.

Dr. R. Lakshmi Narayana, Co-ordinator, Department of Yoga Vijnana, said that determination, dedication and regular practice are the three key elements to attain good health. He brought out the importance of maintaining harmony among physical, mental and spiritu-

al components of the body for success in life. He said that mere 30 minutes of regular yoga practice would energize the body and keep the mind alert throughout the day.

From six villages around 240 participants took part in the program. Practice of certain asanas, breathing techniques, Relaxation methods, Meditation and Recitation of Sanskrit slokas from B.G constitute the training module. The training was imparted in the morning 6-7 am and evening 5-6 pm with the assistance of 25 senior yoga students (M.Sc in Yoga Therapy) and yoga faculty.





Dr. D. Jyothi Dept. of Sankhya Yoga R.S. Vidyapeetha was attended on Valedictory session. In her speech she appraised different academic and extension activities of the vidyapeetha and said that the institution is marching towards excellence under the able administration of Prof. V. Muralidharasharma garu. Village secretaries and Sarpanches on behalf of the participants they presented a memento to Honbl'e Vice Chancellor.

The participants shared their experience and the program came to an end with vote of thanks by Dr. R. Lakshmi Narayana, he thanked the Village secretaries, Sarpanches and Vice-chancellor for considering the request to organize Rural Yoga Camp in the village premises.



Yoga Therapy for general public

Date - March-2019 to February -2020

As per the instructions of the Hon'ble Vice-Chancellor, Prof. V. Muralidhara sharma guru, Yoga Vijnana Department has conducted Free Yoga Training and Yoga Therapy classes to the General Public. The aim of the program is to bring awareness about causative factors of psycho somatic disorders and equip the participants to prevent and heal the stress and stress related health problems.



Yoga Therapy Program was conducted between 6 am to 8 am for six days a week at Yoga Mandiram during March 2019 to February 2020. In this Yoga Therapy Program the services of Dr. R. Lakshminarayana and Smt E.P. Nagalakshmi, were engaged as resource persons. Separate training given for men and women. During this program the participants were trained in Yogic practices like Asana, Pranayama, Kriya, Mudra and Bandha, Dhyana and Sanskrit sloka recitations from the Bhagavad Gita text.



Around 200 patients were treated who were suffering from many chronic diseases such as Diabetics, Hypertension, Insomnia, Migraine, Cervical Spondylosis, Backache, Sinusitis etc., and helped in alleviating their suffering. The following clinical tests were conducted periodically on free of cost to observe the effects of various Yogic practices.

All the participants had appreciated the efforts of the authorities of Vidyapeetha for arranging Yoga Therapy Program and requested to continue such programmes throughout the year. Dr. Lakshminarayana was the coordinator of the program.



शास्त्रकलानिधिपुरस्कारः



डा. कृष्णकुमारभार्गवः