

2017-18

Batch - II



Sri Yerramilli Narayana Murthy College

(Autonomous)

(Affiliated to Andhra University)

Accredited by NAAC at 'A' Grade with a CGPA of 3.40

Recognised by UGC as 'College with Potential for Excellence'

NARSAPUR-534 275, W.G.Dist., A.P.

YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



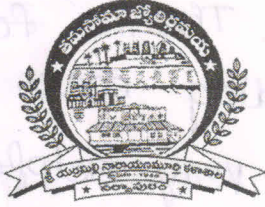
- 1) Name of the Participant : J.V.S.S.L.B. NIKHILA
 Class & Group : I BSC - MPE
 Address : D/O J.V.S.S. SRI RAMA MURTY
 D.No: 6-9-18
 JOSYULA NARI STREET, NSP.
 Cell No : 9849532216
- 2) Yoga Classes Period From... 20/7/2017... To... 16/8/2017.
- 3) Knowledge about Yoga :
 a) Trained b) Only Knowledge c) No Knowledge
- 4) Knowledge about learning Instruments
 (Attention, Concentration, Memory, Intelligence, Creativity)
 a) Sufficient b) Average c) No Knowledge
- 5) Did you know the practice to establish the learning instruments previously
 a) Yes b) No
- 6) How do you feel about this Training ?
 a) Excellent b) Average c) Not Satisfied
- 7) My practice in the training period
 a) 100% b) 75% c) 50% d) 0%
- 8) I was inspired by these following concepts (methods, examples, stories)
 - 1) Stories.
 - 2) Meditation.
 - 3) Surya namaskaram.
 - 4) Aasanalu.
 - 5) Body exercises.
 - 6) Tips for health.
- 9) Do you want further training ?

J.V.S.S.L.B. Nikhila
Signature of the Participant

- * I like yoga very much, because in that the peaceful mind, releaf is there.
- * In yoga i like surya namaskaralu very much and some asanalu like vajrasanam.
- * In yoga class i like all classes and i learn so many things from this yoga class.
- * Yoga is helpful to our body - for mentally and physically.
- * In yoga class there are quotations of swamy vivekananda which is inspired by me.
- * In yoga class we learn some value stories like King - man, Tiger - goat and some real stories of swamy vivekananda, rama Krishna and his wife.
- * In this class i inspired for all and i like all activities like joint exercise, surya namaska-ram, meditation, theory class, and finally some more asanalu.

Signature of the Participant

- 1) Exercises
- 2) Meditation
- 3) Surya namaskaram
- 4) Asanalu
- 5) Body exercises
- 6) Tips for health
- 9) Do you want further training?



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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



1) Name of the Participant : KATHULA Tripuralakshmi Satyavathi
Class & Group IBSC (MECS)
Address Seripalem, Mogalthur Mandel, West
Godavari district
Cell No : 80966 25532

2) Yoga Classes Period From... 20/7/17..... To... 16/8/17.....

3) Knowledge about Yoga :

a) Trained b) Only Knowledge c) No Knowledge

4) Knowledge about learning Instruments

(Attention, Concentration, Memory, Intelligence, Creativity)

a) Sufficient b) Average c) No Knowledge

5) Did you know the practice to establish the learning instruments previously

a) Yes b) No

6) How do you feel about this Training ?

a) Excellent b) Average c) Not Satisfied

7) My practice in the training period

a) 100% b) 75% c) 50% d) 0%

8) I was inspired by these following concepts (methods, examples, stories)

- 1) Body exercises
- 2) Meditation
- 3) goat and tigers story
- 4) సాధన విధులు
- 5) ఆరోగ్యముపై యోగ సాధనలు
- 6) Health tips

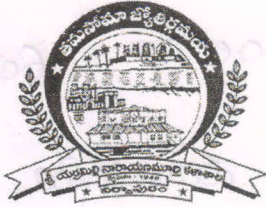
9) Do you want further training ?

K. Tripuralakshmi Satyavathi
Signature of the Participant

(H) I will like to introduce myself sir, Good morning sir first I will proud to Join the yoga class. Thanks for yoga training sir I am k. Tripura I am studying mscs in our college. yoga class are very intrasting and very helpful to our college students. In this yoga I like निष्कामयोग. This meditation is help ful to our body and mental preparation how to do our daily life activites. In our yoga has peaceful and how to improve your skills and some main class are taken This training conducted 15 days only. But we miss the class So please increases the meditation class. Sir. I will again come to your class sir. I was very happy to learn yoga class I practised daily that methods in yoga. My friends also happy to join in this yoga class. I will improve my skills through yoga. sir daily said stories about kings, tigers and etc.. I am inspired to improve my communication skills through yoga class. meditation is not only for yoga methods it is also how to improve our humane values. In our yoga class many books are there about yoga, vivekanadha, How to improve our skills etc.. so iam happy because to learn more from yoga class. In meditation I like body exercise about your health yoga is good to learn more things. Thank you Sir.

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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



1) Name of the Participant : T. Kumar nagendra.
 Class & Group : D. E. I. Ed (1st year).
 Address : Mulakala Joggai gari street,
 10-7-18, Roypet, Narsapur.
 Cell No : 7036493082.

2) Yoga Classes Period : From 28-6-2017 To 9-8-2017

3) Knowledge about Yoga : (b).
 a) Trained b) Only Knowledge c) No Knowledge

4) Knowledge about learning Instruments (b).
 (Attention, Concentration, Memory, Intelligence, Creativity)
 a) Sufficient b) Average c) No Knowledge

5) Did you know the practice to establish the learning instruments previously (a).
 a) Yes b) No

6) How do you feel about this Training ? (a).
 a) Excellent b) Average c) Not Satisfied

7) My practice in the training period (d).
 a) 100% b) 75% c) 50% d) 0%

8) I was inspired by these following concepts (methods, examples, stories)

- 1) నాకు నాలో చుట్టు కథలు గొట్టే చాలా ఇష్టం.
- 2) నేను ఎంతడు ఎంత భారణం పేరు అనినను గానీ గొల్లను
- 3) అలీయడు. అలీయడం నుండి ఎంత భారణం వచ్చినా
- 4) యుద్ధం అనినచాలా అలీయడం ఎంత ఎంతలు పట్టినను
- 5) గొట్టే కథలు నన్ను నేను ఎంత భారణం పేరునో నాలో
- 6) చుట్టు కథలు చాలా అనినచాలా

9) Do you want further training ? *T. Kumar nagendra*
 Signature of the Participant

ಮೊದಲು ಯೋಗಾ ರೀತಿ ನಾನು ರೋಗಾ ರೋಗಾ ನನಗಿತ್ತು
ನೋಡಿ ತಿಳಿದು ಯೋಗಾ ರೀತಿ ಅನುಭವ ಮಾಡಿ

ನನಗಿತ್ತು. ನಾನು ಯೋಗಾ ರೀತಿ ಅನುಭವ ಮಾಡಿ

ನನಗಿತ್ತು ನೋಡಿ ನಾನು ಗಾಢ ನಿದ್ರೆ ಅನುಭವಿಸಿದೆ.



ಯೋಗಾ ರೀತಿ ಪ್ರಕಾರ, ಮನಸ್ಸು ಯೋಗಾ
ಆರೋಗ್ಯ ಬೆಳೆಸುವುದು ನೋಡಿ ಅನುಭವಿಸಿದೆ.

ಯೋಗಾ ರೀತಿ ನಿದ್ರೆ ಕಠಿಣ ಯೋಗಾ ರೀತಿ ಅನುಭವಿಸಿದೆ
ನನಗಿತ್ತು. ನಾನು ಯೋಗಾ ರೀತಿ ಅನುಭವ ಮಾಡಿ

ನನಗಿತ್ತು ನೋಡಿ ನಾನು ಗಾಢ ನಿದ್ರೆ ಅನುಭವಿಸಿದೆ
ನನಗಿತ್ತು. ನಾನು ಯೋಗಾ ರೀತಿ ಅನುಭವ ಮಾಡಿ

ನನಗಿತ್ತು ನೋಡಿ ನಾನು ಗಾಢ ನಿದ್ರೆ ಅನುಭವಿಸಿದೆ
ನನಗಿತ್ತು. ನಾನು ಯೋಗಾ ರೀತಿ ಅನುಭವ ಮಾಡಿ

ನನಗಿತ್ತು ನೋಡಿ ನಾನು ಗಾಢ ನಿದ್ರೆ ಅನುಭವಿಸಿದೆ

ನನಗಿತ್ತು ನೋಡಿ ನಾನು ಗಾಢ ನಿದ್ರೆ ಅನುಭವಿಸಿದೆ

ನನಗಿತ್ತು ನೋಡಿ ನಾನು ಗಾಢ ನಿದ್ರೆ ಅನುಭವಿಸಿದೆ

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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



- 1) Name of the Participant : O. Zurga
Class & Group : D.El.Ed Ist year
Address : 2nd ward,
Ponnappalli,
Narsapur.
Cell No : 9701718779
- 2) Yoga Classes Period : From 28-6-2017 To 9-8-2017
- 3) Knowledge about Yoga :
a) Trained b) Only Knowledge c) No Knowledge
- 4) Knowledge about learning Instruments
(Attention, Concentration, Memory, Intelligence, Creativity)
a) Sufficient b) Average c) No Knowledge
- 5) Did you know the practice to establish the learning instruments previously
a) Yes b) No
- 6) How do you feel about this Training ?
a) Excellent b) Average c) Not Satisfied
- 7) My practice in the training period
a) 100% b) 75% c) 50% d) 0%
- 8) I was inspired by these following concepts (methods, examples, stories)
 - 1) Moral stories
 - 2) Way of Teaching Asanas
 - 3) Surya Namaskar
 - 4) Theory Part about Yoga
 - 5) Games
 - 6) Pranayamam
- 9) Do you want further training ? Yes

O. Zurga
Signature of the Participant

Yoga is the only method which takes the human soul into the divinity.

Yoga can change the character of a person.

The power of yoga is very high it can change the entire society.

Through yoga we can improve of our concentration, Attention, Thinking capability.

It can also act as cure for many diseases

like heart problems. It can regulate our

tension. It is one of the most important and useful physical exercise to human body.

In this training period I was very much inspired by the Moral stories. These stories moral value is very useful to lead our life in a good manner. I think I was very much blessed to join in this training.

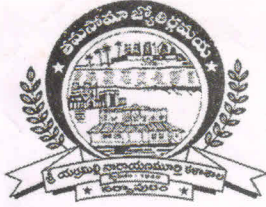
Thanking you sir,

Yours truly,

O. Zurga

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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



- 1) Name of the Participant : *Sattivada . Neeharika*
Class & Group
Address
D. El. Ed Ist year
Munasabuvuru street, 5th ward
Narsapur
Cell No : *9959682013*
- 2) Yoga Classes Period From *28-6-2017* To *9-8-2017*
- 3) Knowledge about Yoga :
 a) Trained b) Only Knowledge c) No Knowledge
- 4) Knowledge about learning Instruments
(Attention, Concentration, Memory, Intelligence, Creativity)
 a) Sufficient b) Average c) No Knowledge
- 5) Did you know the practice to establish the learning instruments previously
 a) Yes b) No
- 6) How do you feel about this Training ?
 a) Excellent b) Average c) Not Satisfied
- 7) My practice in the training period
 a) 100% b) 75% c) 50% d) 0%
- 8) I was inspired by these following concepts (methods, examples, stories)
 - 1) *I was Inspired by methods Pramayanaam*
 - 2) *And stories like Arjuna, abhaya bhayana & Ramayanam*
 - 3) *I inspired by game Rama, Ravana so interesting*
 - 4) *I like vilakananda song*
 - 5) *I feel happy when I am doing yoga*
 - 6) *I was Inspired by all methods, examples, stories*
- 9) Do you want further training ? *Yes*

S. Neeharika
Signature of the Participant

MY Feedback about yoga classes:-

యోగా క్లాస్ లో మనలో ఉన్న అంతర్గత శక్తులను, నైపుణులను

తెలుసుకుని బహిష్కరణం చెయ్యడానికి దోహదపడుతుంది. యోగావలన
సుమారువలన, ఎదురుపట్లు ఆసక్తి, శారీరక ఆరోగ్యం, మానసిక
వికారం వాగా కుదురుతాయి.

యోగా పట్ల గుండ తక్కువ సుమారులలో ఎక్కువ
వేగంగా కలిగించిన వెంటనే రత్నం సోద గానికీ పోయినట్లుగా
శ్రీతల్లితలు

ఉంటూనే నేర్చిన సూత్ర సుమారులు, ప్రాసనం, శ్వాసనం,
ప్రయానం వంటివి ఎంతగానూ నచ్చాయి. వీటిని కేసు ఎంతో
ఆసక్తిగా నేర్చుకున్నాను

సోద చెప్పిన కథలు, వివేకానందం వంటివి నాకు బాగా నచ్చాయి
యోగావలన క్షేమం తగ్గినట్లుగా అనిపించింది. ముందుకు యోగా
క్లాస్ లు ఫలితపూర్వకంగా కూడా నేర్చుకుంటాను

మీరు
S. Neelavika