



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 : S. Venkata Padmavathi
Class & Group II BSC (MPE)
Address :- 3-6-9/3, Munusubhugari street,
Narsapur

Cell No : 9849928239

- 2) Yoga Classes Period From 29-11-2016 To 28-12-2016

- 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) pranayamam
- 2) vazrasanam
- 3) surya namaskarayas
- 4) stories
- 5) mediatation
- 6) Bio-chemical influence on mind direction.

- 9) Do you want further training ?

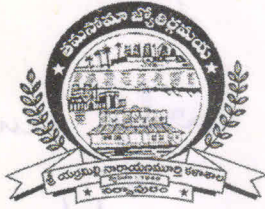
Yes

S. V. Padmavathi
Signature of the Participant

Actually yoga classes for students is very useful because they are strained in their works. By doing yoga we can feel relax and feel free. By doing meditation i can increase my concentration and asanas like vajrasanam and gomukasanam, padmasanam and savasanam are very useful. It

helps ur body control and improves my digestion level. Mainly suryanamaskaras is very useful to me because it makes all body parts exercise. and i was inspired by the stories which was tough by the sir like Raju & selpi stories.

By doing meditation i can make my body & mind control. I learn alot from this yoga classes. It was nice experience.



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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



1) Name of the Participant : P. Anantha kote Mahalakshmi
Class & Group II BSC MPE
Address

Gubbala Naxi street

Kummasi Peta
Narsapur, West Godavari district.

Cell No :

534275, Ph-no : 9030911332

2) Yoga Classes Period From 29/11/2016 To 30/12/2016

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 Joint Exercises

2) Natarasana, Sarvangasana

3) Padmasana, Vakrasana

4) Gomukhasana

5) Surya namaskaralu

6) Growth & development of Student

9) Do you want further training ?

No.

P.A.K Mahalakshmi
Signature of the Participant

Respected Sir,

Vajrasanam exercise is started to the early any time to the day. My body is very fit and digestion is very freely to me in body.

Next padmasanam is also a important exercise to the body. It is useful is to improve

and take breathing. is very freely I concentrate the studies and I am so happy

to join in the class. Another one is early morning get up do the suryana-

-skanda its very useful early morning it is

fascinated me. the starting and ending prayers in the classes, preachings of great personalities like Ramakrishna Paramahansa, Swami Vivekananda, Sarada mata etc. Knowledge about our diet, our daily activities were useful and I feel great pleasure in learning all these things.

Finally the stories are not just stories but they had a useful moral which inspired me and I will follow them for my bright future. these exercises are used mainly relaxation of mind.



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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"

- 1) Name of the Participant : M. Prasanthi
Class & Group II M.Sc (Organic Chemistry)
Address D/O. M. Nageswara Rao
Y.V. Lanka of Palavaram, Ambedkar statue
W.G. District, Yelamanchili Mandal.



Cell No : 9705985160

- 2) Yoga Classes Period From..... To.....

- 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) Growth and development methods
- 2) Stages of empowerment methods.
- 3) Asanas
- 4) Pranamayas
- 5) Rama Krishna paramahansa stories
- 6) Vivekananda stories
Swami

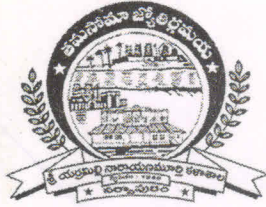
- 9) Do you want further training ? NO

M. Prasanthi
Signature of the Participant

I feel very happy for joining in YOGA classes. And I get some good knowledge from YOGA classes. This classes is very use-ful to our body and our brain. This knowledge is used to sharp our brain. This classes used to save our body from diseases. From this classes we get some tips to save our life. And we acquire ability to good living in our society. This classes are used to improve our skills like activity, hardworking etc. YOGA classes also helps to our study because the learning instruments are developed in this classes.

I get good knowledge from to get ability to live as good human being as have ethics & values. From some stories we get knowledge above improve the good thinking, Help nature and good working habits, obedience and etc.

I feel every human being joining in YOGA to get more knowledge above their help and get some knowledge above society and get good thinking and, save their health from some diseases. Then they increases their creativity, knowledge and memory, intelligence and Attendance. and more things they get.



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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"

- 1) Name of the Participant : MANNE PADMAVATHI
Class & Group III B.com (T.M)
Address : M. Padmavathi
Old M.V.V Sakyanarayana
Mogaltur, Mogaltur Mandal, West Godavari
Cell No : 9866741763



- 2) Yoga Classes Period From 31-11-2016 To 28-12-2016

- 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) Learning Instruments, Meditation.

2) Self - evaluation.

3) Joint Exercises

4) swaya Namaskarams sters

5) stories with examples.

6) Varanajanam, mudras, pranayam sters.

- 9) Do you want further training ?

yes

M. Padmavathi
Signature of the Participant

7. Seva Sanam.

8. Gomukasanam

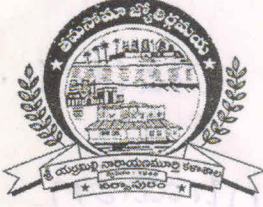
9. Padmasanam.

10. Ramakrishna paramahansa stories and Sazadha mather quote blogs.

I everyday human life there are so many problems and obstacles are there. Everyone want a pleasant life and healthy life. We know that health is wealth in everyone's life. We practice yoga everyday our experience is so excellent.

I am join the yoga class IF AFTER I feel very better every morning I am so cool. Yoga means just of relaxation. Not only a relaxation It provides a concentration. Interest and memory power. suryomamasakarany these are also very useful to our body and mind. It gives full body exercise.

⇒ Dhyanam also very important for mind It gives concentration. And it helps for our study. self evaluation also very good exercise. It also increases our concentration and memory power. Especially Rama krishna paramahansa a it stories also very good and it realized my behavior sometimes charts very helpful.



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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"



- 1) Name of the Participant : K. Murali Krishna
Class & Group II BSC CMPE)
Address Kukkala Vari thota, mogalthur
West Godavari District

Cell No : 7702199002

- 2) Yoga Classes Period From 29-11-2016 To 28-12-2016

- 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) Surya namaskaras

2) va zrasanam

3) meditation

4) pranayamam

5) stories

6) Biochemical influence on mind direction.

- 9) Do you want further training ?

Yes

K. Murali Krishna

Signature of the Participant

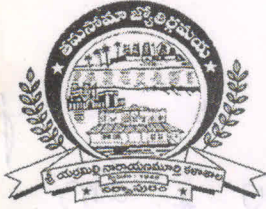
I learn a lot from this yoga classes.

Meditation increases my concentration and mind development. It was good experience when i practise meditation and Vazrasanam,

Padmasanam and Savasanam are very nice asanas it is very useful to our body to keep healthy. Suryanamaskaras makes all body parts exercise it makes me healthy. I also ^{like} inspired ~~by~~ joint exercises. Like neck, hip, knee joint exercises.

Particularly i inspired by Ramakrishna paramahansa stories and other stories like Gummadi kai peddanna & selpi stories.

Yoga is very useful to me it increases my concentration levels.



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YOGA AND HEALTH CENTRE

Feed Back on "Certificate Course in Yoga"

1) Name of the Participant : V. Hima Bindu
Class & Group II BSc MPE
Address Jagilanka Vasa Street
Narsapur, West Godavari district
Cell No : 534 275, Ph-no:- 8374020201.



2) Yoga Classes Period From 29/11/2016 To 30/12/2016

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 joint exercise
- 2) vajrasana, sasanakasana
- 3) padmasana, uktasana
- 4) Gomukasana
- 5) Surya Namaskaralu
- 6) Bio-chemical influence (food) on mind direction

9) Do you want further training ?

V. Hima Bindu
Signature of the Participant

~~Saurabh~~ Now - a - days Yoga is very important for our daily life. So I am joined Yoga classes for 15 days. and the learned knowledge about Yoga. Sir told us very important topics in daily life. and I have happy feeling about Yoga. I like to do meditation in daily life. and I am practised daily life in joint exercise and Meditation. and sir told the stories and magics they can do. and some moral to guess. In Yoga they are pranayama, Surya namaskaram, joint exercise etc. These exercise are very helpful in daily life. and interested to yoga for 15 days. By practising self evolution and the make for some thing for new daily life. & very important. & yoga is our mind relaxation and concentration mind daily.

U. Hima Bindu