

# **Yoga and Meditation Center**

## **Yoga in LBRCE**

Yoga Center was started in LBRCE in the year of 2010. LBRCE Students and our Yoga Master achieved Gold medals and Rewards in National level, State level, District level and College level Yoga Championship events.

### **Importance of Yoga and Meditation**

Yoga is a Sanskrit word derived from the Sanskrit root "Yuj" which means to connect, JOIN OR BALANCE, "UNION" OF BODY AND MIND. Yoga is one of the most ancient cultural heritage of India.

The most common problem faced by every one in today's world is stress and over anxiety. This stress is faced by people of almost all age groups especially middle age groups. The adverse effects of the stress is high blood pressure which ultimately drives the patient to Heart stroke, Brain damage, diabetes. Recently they find out Lungs cancer also.

Yoga help to maintain the healthy functioning of the internal organs, to cure many diseases except HIGH BLOOD PRESSURE, SUGAR AND HEART PROBLEMS these are chronic diseases so no cure but it is under control unless and otherwise regularly one hour yoga should be in practice.

Yoga Aims at developing concentration, memory power, will power and self confidence.

Dullness will never approach a person who practices yoga, Which brings glow in his face and can become active in doing any activity.

Good Health can be achieved by the regular practice of Yoga & Meditation.

## **DAILY YOGA**

**YOGA CLASS - 03:00 PM to 06:00 PM**

(For Students, Faculty, and Staff)

{Advance Asanas, Pranayamas, Kriyas, Bhandhas, Mudras, and Advance Meditation}

## **YOGA CERTIFICATE COURSE**

**TIMINGS - 04:30 PM to 05:45 PM**

Achievements of YOGA AND MEDITATION Dept of LBRCE:

Please refer this link to check all achievements of LBRCE under YOGA and Meditation:

<https://lbrce.ac.in/yoga/achievements.php>

## **About Yoga master:**

## **Yoga Guru**

Mr. MEDURI MANIKYALA RAO

Yoga Master

Date of Birth: 15/April/1982 (34 Years)

Lakireddy Bali Reddy College of Engineering (A),

Mylavaram - 521 230

e-mail: [medurimanikyalarao@gmail.com](mailto:medurimanikyalarao@gmail.com)

## **Academic Profile:**

M.A. Yoga.

Post Graduate Diploma in Yoga.

Degree in B.A.

## **Awards:**

Andhra Pradesh government Award

Yogacharya Award

Yoga Vidya Praveena Award

Ugadi Award

Yoga Ratna Birudu

To know more about Yoga Master refer this link: <https://lbrce.ac.in/yoga/master.php>

To get more about Yoga and Mediation facility at LBRCE refer this link:

<https://lbrce.ac.in/yoga/index.php>