



A.S.D. Government Degree College for Women

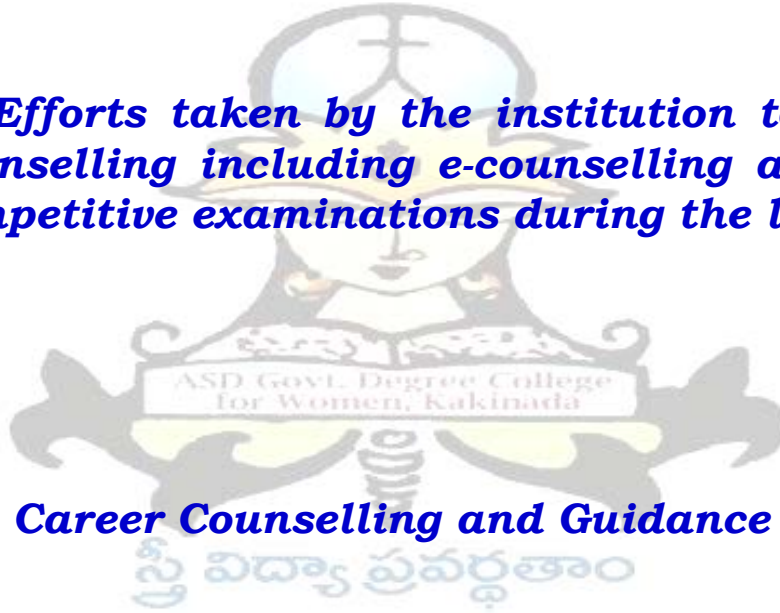
An Autonomous Institution

Jagannaickpur, Kakinada, Andhra Pradesh-533002
Affiliated to Adikavi Nannaya University, Rajamahendravaram



INTERNAL QUALITY ASSURANCE CELL

5.1.2. The Efforts taken by the institution to provide career counselling including e-counselling and guidance for competitive examinations during the last five years



(2020-21)

A.S.D GOVT. DEGREE COLLEGE (W),(AUTONOMOUS)



**Jagannaickpur, Kakinada
Activity Register 2020-2021**

Date	10.02.2021
Conducted through (DRC\JKC\ELF\NCC\NSS\Department etc..)	Career Guidance and Counseling Cell
Nature of Activity (seminar\workshop\Extn. Lecture etc..)	Guest Lecture ON Career in YOGA
Title of the Activity	Career in YOGA
Name of the Department\committee	Career Guidance and Counseling Cell
Details of Resource Persons (Name ,Designation etc..)	Raghavanand Mudumba, Yoga Guru
No. of students participated	70
Brief Report on the Activity	Enclosed
Name of the Lecturer who Planned & Conducted the Activity	Dr. K.Yamuna, lecturer in Economics
Signature of the Dept. in charge\convener of the committee	
Signature of the Principal	
Remarks	



H Sivarudra
PR NC PAL
A S D GOVT DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

Report on the Lecture "Career in Yoga" by Raghavanad Mudumba

Introduction

On 10.02.2021 ASD Government Degree College for Women (A), Kakinada had the privilege of hosting an enlightening lecture on "Career in Yoga" by the esteemed Yoga Guru, Raghavanad Mudumba. With a rich background as a retired teacher and a dedicated yoga practitioner, Raghavanad Mudumba has devoted his post-retirement life to teaching yoga and promoting natural treatments for various health issues. His vast experience and profound knowledge provided the students with a comprehensive understanding of the potential career paths in yoga, the prerequisites for pursuing a career in this field, and the multifaceted benefits of yoga.

Career Opportunities in Yoga

Yoga, an ancient practice with modern relevance, offers a wide array of career opportunities. Raghavanad Mudumba emphasized the diverse roles one can pursue in this field:

1. **Yoga Instructor/Teacher:** The most common career path, involving teaching yoga classes to individuals or groups in studios, gyms, community centers, and even online platforms.
2. **Yoga Therapist:** Specializing in using yoga to address specific health conditions and assist in rehabilitation, often working alongside healthcare professionals.
3. **Yoga Studio Owner:** Establishing and managing a yoga studio, offering various classes, workshops, and retreats.
4. **Corporate Yoga Trainer:** Providing yoga and wellness programs within corporate environments to enhance employee health and productivity.
5. **Yoga Researcher/Scholar:** Engaging in academic research to explore the scientific aspects of yoga and its impact on physical and mental health.

6. Yoga Writer/Content Creator: Writing books, blogs, or creating content for social media and other platforms to educate and inspire others about yoga.

7. Yoga Retreat Organizer: Planning and leading yoga retreats in scenic locations, combining yoga practice with travel and relaxation.

8. Yoga Product Developer: Designing and marketing yoga-related products such as mats, clothing, accessories, and wellness supplements.

Prerequisites for a Career in Yoga

Pursuing a career in yoga requires a blend of personal dedication, formal education, and certification. Raghavanad Mudumba outlined the essential prerequisites:

1. Personal Practice: A deep, consistent personal practice is fundamental. Aspiring yoga professionals should be well-versed in various yoga styles and techniques.

2. Educational Background: While a specific educational background is not mandatory, a degree in physical education, health sciences, or related fields can be advantageous.

3. Certification: Obtaining certification from a recognized yoga organization is crucial. Common certifications include:

- 200-Hour Yoga Teacher Training (RYT-200)

- 500-Hour Yoga Teacher Training (RYT-500)

- Specialty certifications in areas such as prenatal yoga, yoga therapy, or advanced yoga practices.

4. Continuing Education: The field of yoga is constantly evolving, and continuing education through workshops, advanced courses, and seminars is essential for professional growth.

5. Soft Skills: Strong communication skills, empathy, patience, and the ability to motivate and inspire others are vital attributes for a successful yoga career.

Procedure to Acquire a Degree in Yoga:

For those interested in formal education, Raghavanad Mudumba outlined the typical procedure to acquire a degree in yoga:

1. **Research and Select a Program:** Identify accredited universities or institutions offering degree programs in yoga. Popular programs include Bachelor of Arts (BA) in Yoga, Master of Arts (MA) in Yoga, and Postgraduate Diploma in Yoga.

2. **Meet Admission Requirements:** Fulfill the admission criteria, which may include a high school diploma, entrance exams, and interviews.

3. **Complete Coursework:** Enroll and complete the required coursework, which typically covers:

- Yoga philosophy and history
- Anatomy and physiology
- Asanas (postures) and pranayama (breathing techniques)
- Meditation and mindfulness
- Teaching methodology and practicum

4. **Internship and Practical Training:** Engage in practical training and internships to gain hands-on experience.

5. **Certification and Licensing:** Upon graduation, obtain certification from a recognized yoga organization and, if applicable, acquire a professional license to teach yoga.

6. **Continuous Learning:** Stay updated with the latest research, trends, and techniques in yoga through continuous learning and professional development.

Benefits of Yoga

Raghavanad Mudumba passionately highlighted the extensive benefits of yoga, which extend beyond physical fitness to encompass mental, emotional, and spiritual well-being:

1. **Physical Health:** Regular yoga practice enhances flexibility, strength, and balance. It also improves cardiovascular health, aids in weight management, and boosts the immune system.

2. **Mental Clarity:** Yoga promotes mental clarity, focus, and concentration. It reduces stress, anxiety, and depression by calming the nervous system and balancing hormones.

3. **Emotional Stability:** Practicing yoga fosters emotional resilience, helping individuals manage emotions more effectively and maintain a positive outlook.

4. **Spiritual Growth:** Yoga encourages self-awareness and self-acceptance, facilitating spiritual growth and a deeper connection with one's inner self.

5. **Holistic Wellness:** Integrating physical, mental, and spiritual practices, yoga promotes overall wellness and a balanced lifestyle.

6. **Chronic Condition Management:** Yoga is beneficial in managing chronic conditions such as arthritis, hypertension, diabetes, and respiratory disorders.



7. **Improved Sleep:** Regular practice can lead to better sleep quality and help combat insomnia.

8. **Enhanced Relationships:** The mindfulness and compassion cultivated through yoga enhance personal and professional relationships.
















































Conclusion

The lecture by Raghavanad Mudumba on "Career in Yoga" provided invaluable insights into the multifaceted opportunities and benefits of pursuing a career in this ancient yet ever-relevant practice. By understanding the prerequisites and the procedure to acquire a degree in yoga, students were equipped with the knowledge needed to embark on this fulfilling career path. The holistic benefits of yoga, as detailed by Mudumba, underscored the profound impact yoga can have on individuals' lives, promoting physical health, mental clarity, emotional stability, and spiritual growth.

Raghavanad Mudumba's dedication to teaching yoga and natural treatments continues to inspire many, serving as a beacon of hope and wellness in today's fast-paced world. His lecture not only educated but also motivated the participated 70 students to consider yoga not just as a career but as a way of life.

3:19 PM  

Close **Participants (50)**
















































	Rayudu Akhila Sri Lakshmi			
	Rupa			
	S.Divya (Mpcs)			
	Sandhya Angadi			
	Sanjotha Peddada			
	Shaik.khadarunnisa			
	Sravani			
	Surla devi			
	surla Ganga bhavani			
	Swarna Sri			
	Y. Sravya (Mpcs)Asd govt degree...			
	Venkata Laxmi			

Invite



Close

Participants (50)

	Rayudu Akhila Sri Lakshmi			
	Rupa			
	S.Divya (Mpcs)			
	Sandhya Angadi			
	Sanjotha Peddada			
	Shaik.khadarunnisa			
	Sravani			
	Surla devi			
	surla Ganga bhavani			
	Swarna Sri			
	Y. Sravya (Mpcs)Asd govt degree...			
	Venkata Laxmi			

Invite







3:19 PM






Close




Participants (50)

 Padmaja meddisetti....   >

 Pulikattu Neelima   >

 Pusam.Bhavani   >

 Rajyalakshmi Vatari   >

 Rayudu Akhila Sri Lakshmi   >

 Rupa   >

 S.Divya (Mpcs)   >

 Sandhya Angadi   >

 Sanjotha Peddada   >

 Shaik.khadarunnisa   >

 Sravani   >

 Surla devi   >

Invite




















































3:19 PM



Close

Participants (50)








































-  Padmaja meddisetti....    
-  Pulikattu Neelima   
-  Pusam.Bhavani   
-  Rajyalakshmi Vatari   
-  Rayudu Akhila Sri Lakshmi   
-  Rupa   
-  S.Divya (Mpcs)   
-  Sandhya Angadi   
-  Sanjotha Peddada   
-  Shaik.khadarunnisa   
-  Sravani   
-  Surla devi   

Invite



Close

Participants (50)

-  K. Madhavi   >
-  K.bhavani(mpcs) 1932019   >
-  Kadali lakshmi sai lalitha   >
-  kopuri aruna   >
-  Lavanya Kandiraju   >
-  Losila.likhil   >
-  M . Divya roopa   >
-  Mohammad.Nazma   >
-  Mosa devika   >
-  NB kumari Kalla   >
-  P.Hema   >
-  P.selshi   >
-  Padmaia meddisetti   >

Invite

Close

Participants (50)

Q Search



Dr Yamuna Kilaru (me)



raghavanand mudumba



Subbalakshmi Chemistry



akanksha



Angadi. Malliswari



Ankitha gubbala



Anurag Hospital



Aparna B



ASD GOVT DEGREE COLLEGE FO...



Bh Non-verbal feedback has moved to 'More'



Bhargavi Chokka



Invite







H Sivarudra
PR NC PAL
A & D GOVT DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA