

Anekant Education Society's

ANEKANT INSTITUTE OF MANAGEMENT STUDIES (AIMS)

Baramati, Dist. Pune. 413 102.

RELIGIOUS MINORITY INSTITUTION

Ph. No.: 02112 - 227299

Website : www.aimsbaramati.org

E-mail : director.aimsbaramati@gmail.com

Year : 201 - 201

Add-on Course

Sub: Yoga

Academic Year 2021-22

Class- MBA-II Sem-IV

Faculty: Dr. Pravin V.Yadav

Anekant Education Society's
Anekant Institute of Management Studies (AIMS)

[E] ENRICHMENT (ENR) COURSES (ELECTIVES) – 1 Credit Each
 50 Marks CCE, 00 Marks ESE

Course Name- Yoga

Course No.	Course Name	Duration	LTP Credits	Year of Introduction
16	Yoga	15 Hours	1-0-1	2022

Description: The course curriculum of Yoga contains various yogic postures and asanas. Also, the focus is laid on breathing techniques which play a vital role in mastering asanas. Students willing to get an idea of what they would study if they opted for Yoga can have a look at the detailed course curriculum:

Syllabus:

Unit No.	Unit Name	Contents
1	Asanas	<ul style="list-style-type: none"> • Sun salutation • Basic yoga postures • Postural alignment • Deep relaxation with autosuggestion • Release of blocked energy • Asana variations, from intermediate to advanced level
2	Pranayama	<ul style="list-style-type: none"> • Expanding the capacity of lungs • Awakening the inner spiritual energy • Kapalabhati (lung cleansing exercise) • Relaxing the nervous system • Balancing the two hemispheres of the brain • Anuloma Viloma (alternate nostril breathing) • Purifying the nadis (subtle energy channels) • The three bandhas: Jalandhara, Moola, Uddiyana • Ujjayi, Surya Bheda, Bhastrika, Sitali, Sitkari, Bhramari • Samanu (mental cleansing of the nadis)
3	Yoga Anatomy and Physiology	<ul style="list-style-type: none"> • Introduction to the major body systems • Yoga and physical culture

		<ul style="list-style-type: none"> • The effects of asanas and pranayama on the cardiovascular system, respiration, digestion, skeletal and muscular systems, endocrine system • The eight systems of the body • Diet and nutrition
4	Teaching Practice	<ul style="list-style-type: none"> • How to teach the 12 basic postures and breathing exercises • Relaxation • Setting up a proper environment for class • Beginners' Course • Advanced Postures • Yoga for Children • Yoga for Older Citizens • Yoga for Pregnancy

Anekant Education Society's
ANEKANT INSTITUTE OF MANAGEMENT STUDIES

Anekant Education Society Campus, Baramati, Dist-Pune-413102.

Class Attendance Report

Academic Year: 2021-2022				Faculty Name: Dr. P V Yadav														
Class: Second Year				Course Name: Yoga														
Semester: IV				Batch No.: 2020-22														
Specialization: - Add-On Course				Course Code: 16														
		Session No.		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
		Lecture Type		L	P	L	P	L	P	L	P	L	P	L	P	L	P	L
	Roll No	Date Time	Lerner's Level	10-05-2022	14-05-2022	17-05-2022	21-05-2022	24-05-2022	28-05-2022	31-05-2022	04-06-2022	07-06-2022	11-06-2022	18-06-2022	21-06-2022	25-06-2022	28-06-2022	04-06-2022
Sr. No.		Student Name	Lerner's Level	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A	P/ A
1		673120042-JADHAV ROHIT SHIVAJI	Slow	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P
2		673120043-JAMDAR KANCHAN PANDURANG	Slow	P	P	P	P	A	A	A	A	P	P	P	P	P	P	P
3		673120044-JOSHI SAYALI MILIND	Slow	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P
4		673120054-KAVITAKE PRANAV PANDURANG	Slow	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P
5		673120056-KHANDALE GANESH SUNIL	Slow	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P
6		673120065-KUTWAL MANTHAN RAMESH	Advanced	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P
7		673120069-LEMBHE DHANSHREE ASHOK	Advanced	A	P	P	P	A	P	P	A	P	P	A	P	P	P	P
8		673120070-LONDHE KIRAN RAMDAS	Advanced	P	P	P	P	A	P	A	P	P	P	P	P	P	P	A
9		673120071-LONDHE KIRTIKUMAR RAMHARI	Advanced	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P
10		673120073-LONKAR SAGAR SUDAM	Slow	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P
				9	9	6	8	7	9	7	8	8	6	9	9	6	8	9

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Baramati, Pune

MBA-II Sem-IV (A.Y 2021-22)

HR Specialization

Course Completion Report

Course Code & Title: Yoga

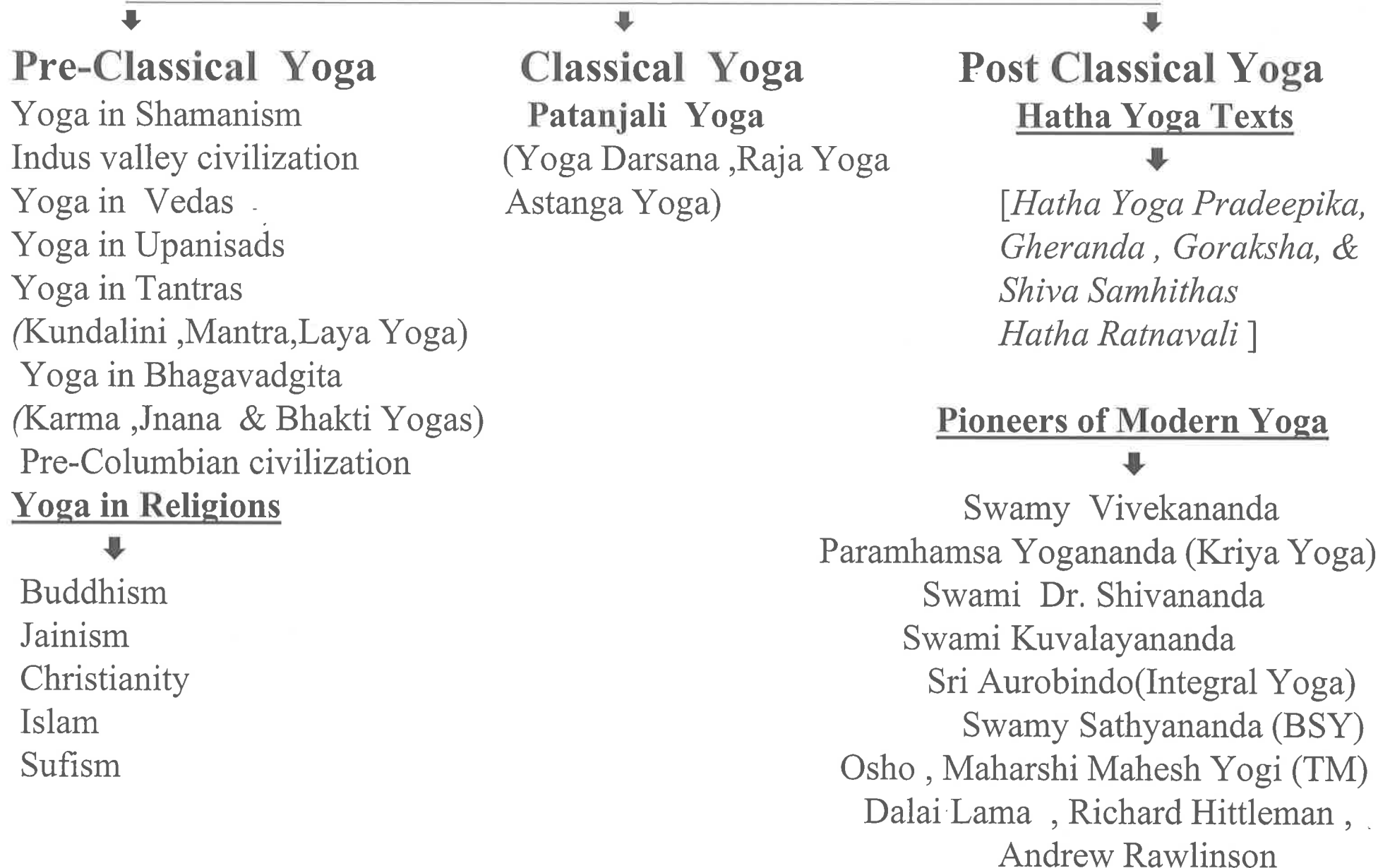
1. Type of Course: Add-On Course
2. Marks: 50
3. Name of Faculty: Dr. Pravin V.Yadav

Sr. No	Date	Topic Title	Attendance in Class on Date
1	10-5-2022	<ul style="list-style-type: none">• Sun salutation• Basic yoga postures• Postural alignment	9
2	14-5-2022	<ul style="list-style-type: none">• Deep relaxation with autosuggestion• Release of blocked energy• Asana variations, from intermediate to advanced level	9
3	17-5-2022	<ul style="list-style-type: none">• Expanding the capacity of lungs• Awakening the inner spiritual energy• Kapalabhati (lung cleansing exercise)	8
4	21-5-2022	<ul style="list-style-type: none">• Relaxing the nervous system• Balancing the two hemispheres of the brain• Anuloma Viloma (alternate nostril breathing)	8
5	24-5-2022	<ul style="list-style-type: none">• Purifying the nadis (subtle energy channels)• The three bandhas: Jalandhara, Moola, Uddiyana	8
6	28-5-2022	<ul style="list-style-type: none">• Ujjayi, Surya Bheda, Bhastrika, Sitali, Sitkari, Bhramari	9

		<ul style="list-style-type: none"> • Samanu (mental cleansing of the nadis) 	
7	31-5-2022	<ul style="list-style-type: none"> • Introduction to the major body systems • Yoga and physical culture 	8
8	04-6-2022	<ul style="list-style-type: none"> • The effects of asanas and pranayama on the cardiovascular system, respiration, digestion, skeletal and muscular systems, endocrine system 	9
9	07-6-2022	<ul style="list-style-type: none"> • The eight systems of the body • Diet and nutrition 	8
10	11-6-2022	<ul style="list-style-type: none"> • How to teach the 12 basic postures and breathing exercises 	9
11	18-6-2022	<ul style="list-style-type: none"> • Relaxation • Setting up a proper environment for class 	9
12	21-6-2022	<ul style="list-style-type: none"> • Beginners' Course 	9
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14	28-6-2022	<ul style="list-style-type: none"> • Yoga for Children • Yoga for Older Citizens 	8
15	04-6-2022	<ul style="list-style-type: none"> • Yoga for Pregnancy 	9

Total Sessions Taken during Semester: 15

Origin & Development of Yoga



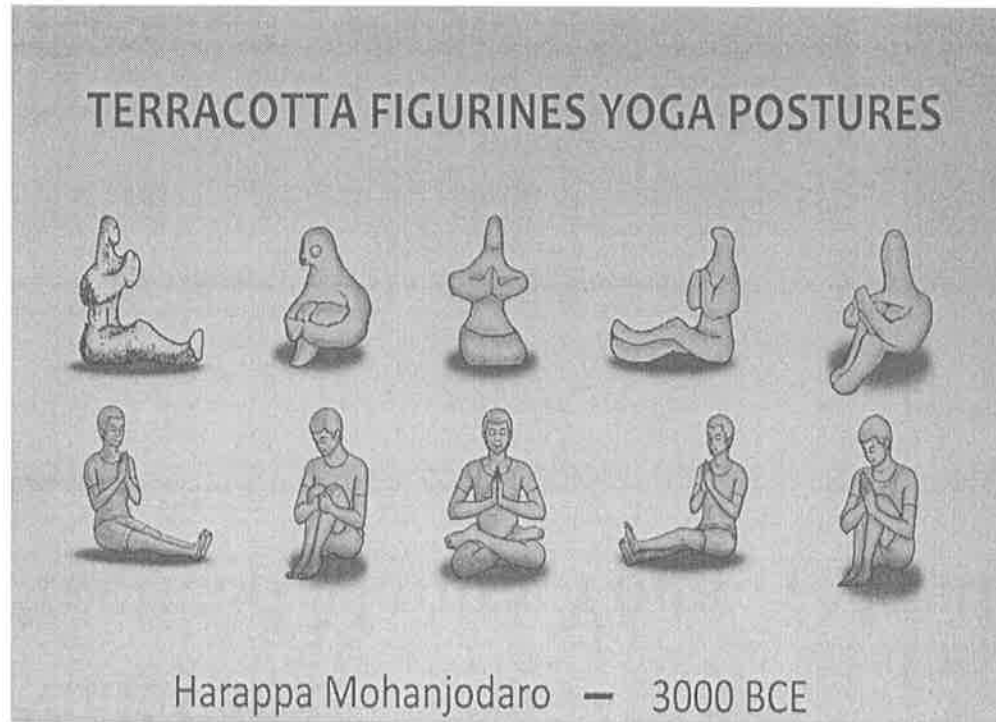
Shamanism(Shramanas) dated around 25000 Years old



Oldest cult originated from Siberia . They are tribal medicine persons and spiritual beings with the ability to heal, work with energies and 'see' visions by way of trance journey in the world of spirits. Shamanism contains Yoga elements. **Shamanic postures** are very similar to yoga postures. Like Yoga postures each specific shamanic posture has its own distinct effect on the mind and are capable of entering various states of consciousness.



Indus Valley Civilization dated around 3000BC



Archaeological excavations made in the Indus valley at *Harappa* and *Mohenjodaro*, now in modern *Pakistan* Many statues have been unearthed sitting in various meditative *asanas* like :
Padmasana Siddhasana

Yoga in Vedas

Rig Veda - Yujur Veda - Sama Veda - Atharva veda

- ❖ Practiced various sitting asanas with complex mudras as spiritual practices
- ❖ Pranayama
- ❖ Practiced Mantra Yoga (Mystic sounds)

Yoga in Upanisads (600 BC)

- ❖ Upanisads are known as ‘**Vedanta**’
- ❖ Upanisads describes Yoga in more definite shape.
- ❖ Describes Asanas, Pranayamas, Mudras, Chakras and Nadis.

There are separate upanisads for Yoga such as

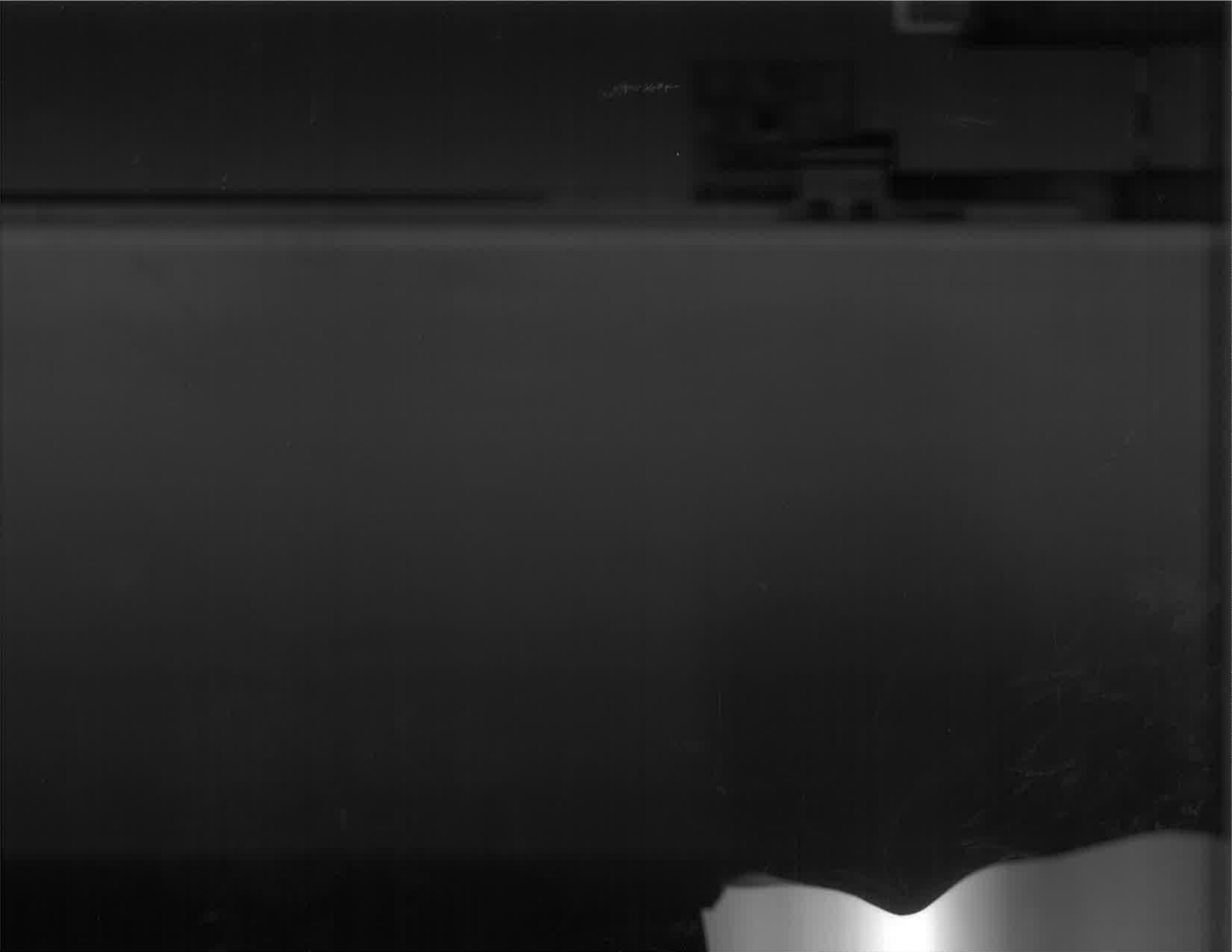
- ❖ Yoga kundalyopanisad
- ❖ Yogachoodamani upanisad
- ❖ Yogarajopanisad
- ❖ Yogatattvopanisad e.t.c.

Yoga in Tantras



Tantric systems of Yoga are still in vogue in Tibet, China e.t.c .

Male and female together practice Yoga to balance the **Masculine** and **Feminine** energy



Yoga in Bhagavad Gita

Nobody knows
the exact origin of
Sun and the
human being.
Hence Yoga has
come from time
immemoria



श्रीभगवानुवाच ।

इमं विवस्वते योगं प्रोक्तवानहमव्ययम् ।
विवस्वान्मनवे प्राह मनुरिक्ष्वाकवेऽब्रवीत् ॥ १ ॥

एवं परंपराप्राप्तमिमं राजर्षयो विदुः ।
स कालेनेह महता योगो नष्टः परंतप ॥ २ ॥

Yoga in Bhagavad Gita

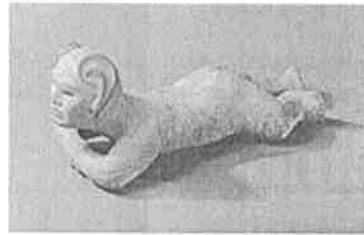


Gita Says that Lord
Krishna taught Yoga to :

**Sun God → Manu (the
first human being) →
Ikshvaku → Royal Sages
(Saptarshis) → To their
disciples .**

**Nobody knows the exact origin of Sun and
the human being. Hence Yoga has come
from time immemorial.**

Yoga in Pre-Colombian Civilization



Evidence of ***Hatha Yoga*** found in the **Pre-Colombian** culture of **Ammerica**. Even now at **St. Augustine**, a southern province of Coloumbia in South America , there are large stone figures and carvings depicting ***Hatha yoga*** practices.



It focussed more on rigid Self-denial (the denial of one's own interests and needs; self-sacrifice) and Self restraint to the extent of self mortification(voluntary s

Yoga Elements in Jainism (600 B C)

The Jainists used **Padmasana** for meditation.

It focussed more on rigid Self-denial (the denial of one's own interests and needs; self-sacrifice) and Self restraint to the extent of self mortification (voluntary self-punishment in order to be free from the sins) as the means to liberation.

Strictly observed Ahimsa.



Yoga in Buddhism (563 B C)

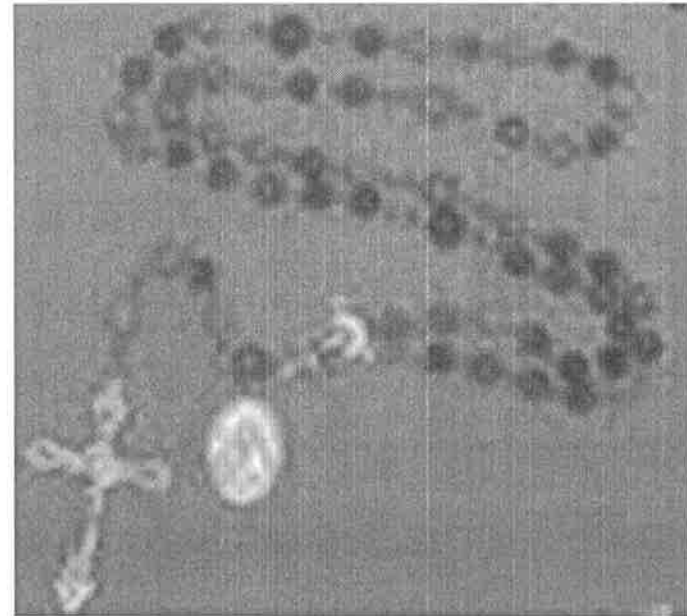
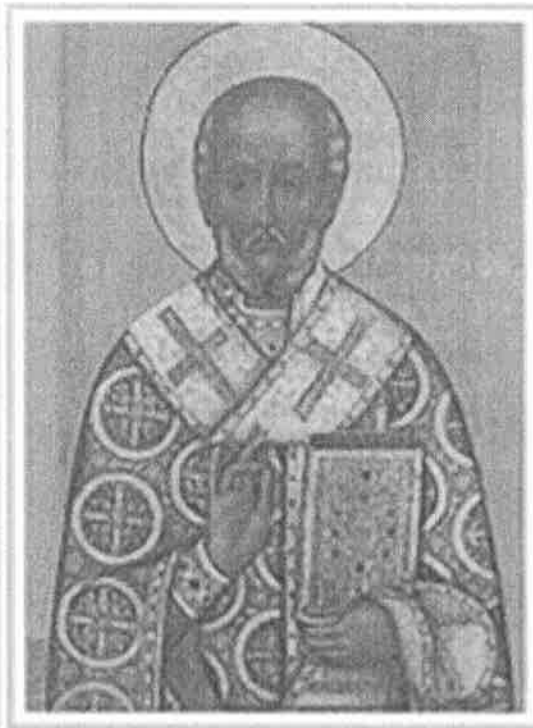
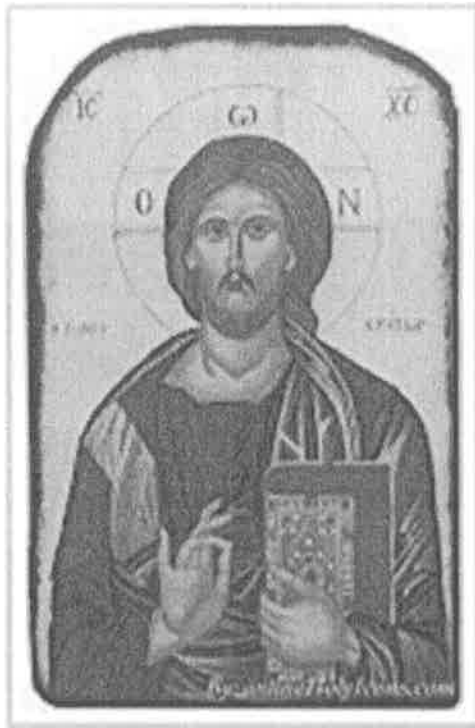


➤ Buddha himself meditated in Padmasana .

➤ The Buddha was against hurting the body for spiritual aids. He advocated a softer approach the middle path in which he emphasis the more on using the right means to achieve eight ends. The ancient Buddhist Yoga consisted of the practice of dhyana and becoming aware breath and body sensations to cultivate mindfulness, called Vipassana

➤ They followed *Ashta Marga* a very similar practice of *Astanga Yoga* for Self Realization .

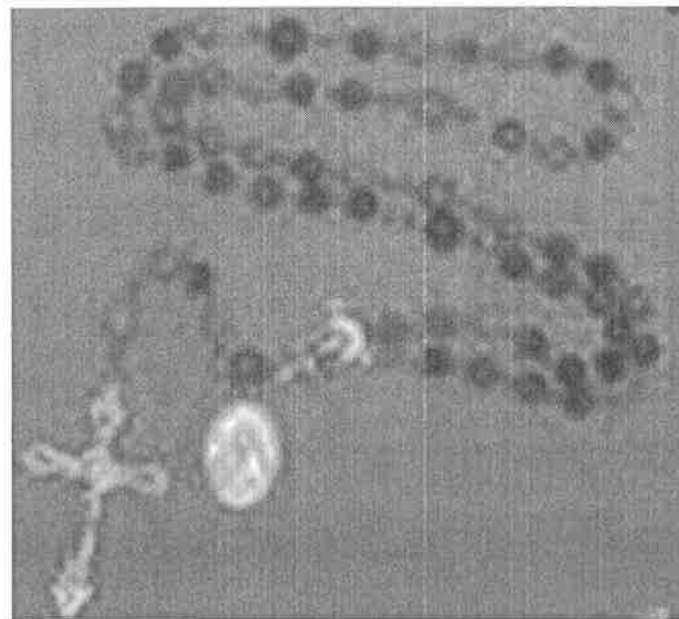
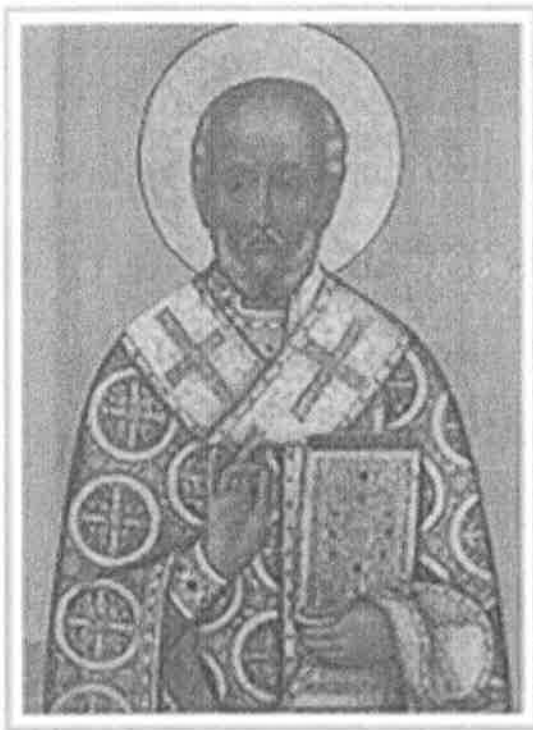
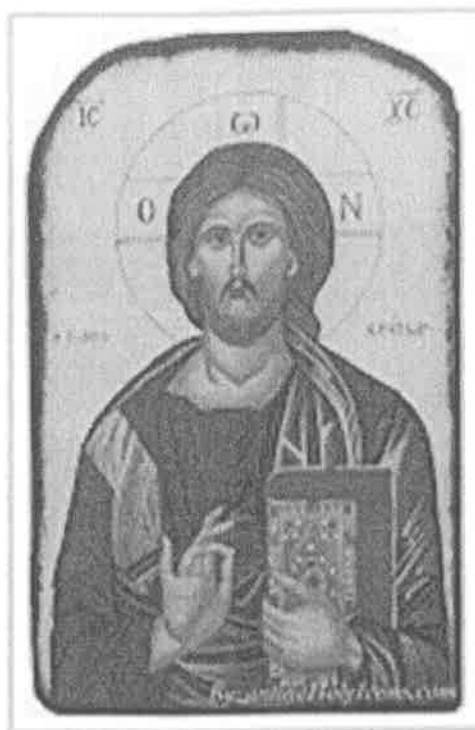
Yoga Elements in Christianity-Jesus called Yoga as **Yoke**



Icons of Christ and Saint Nicholas with hands in Prithvi mudra practiced for steadiness and stability

“Yoke,” is a *Biblical word* which means the same meaning of Yoga that is to join together or unite. Mudras , Meditation with rosary beads, prayer – are Yoga elements in Christianity.

Yoga Elements in Christianity-Jesus called Yoga as **Yoke**



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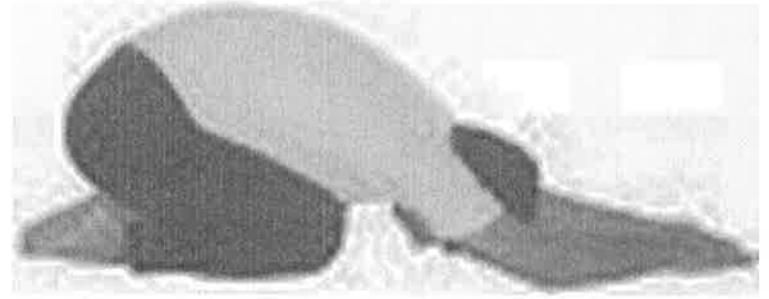
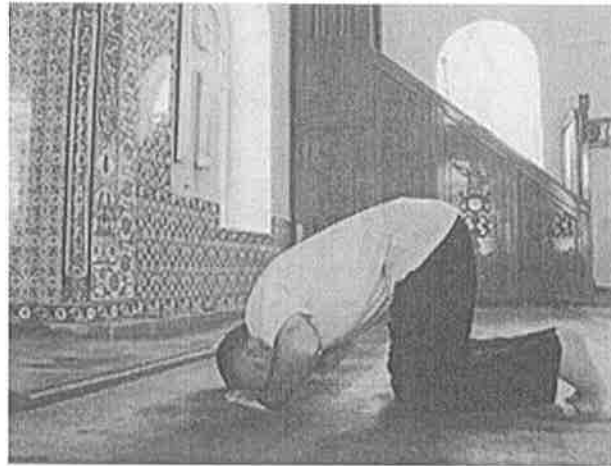


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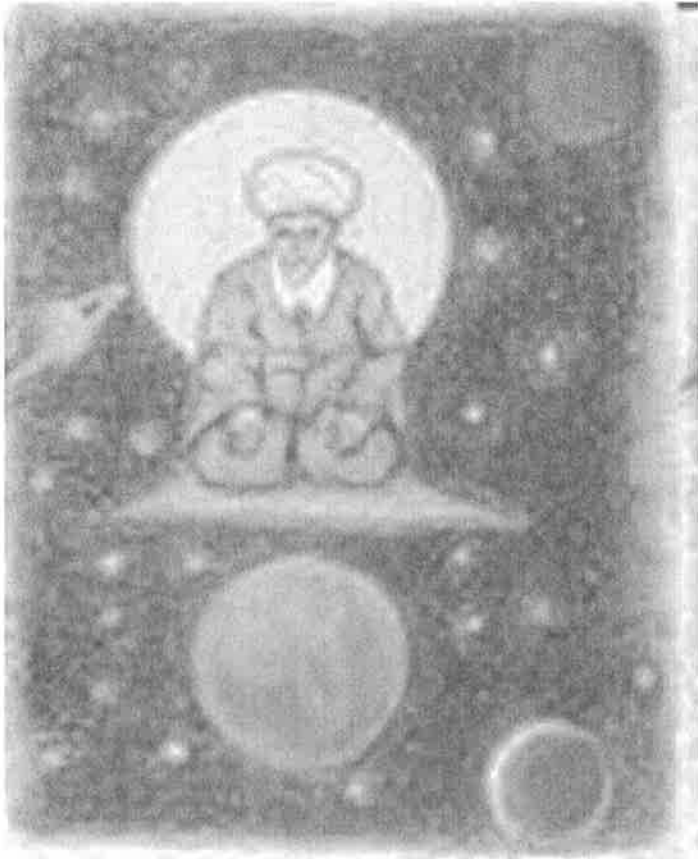
Yoga Elements in Islam



Shashankasana

Islam means acceptance of and submission to Allah . The Physical postures used by the Muslims for their ritual prayer 5 times a day are very similar to that of **Vajrasana** and **Shashankasana** .

Yoga in Sufism



Sufism is a mystic tradition of Islam dedicated to the love and service of one's fellow men and Allah/God.

They used Vajrasana for meditation

The Katha Upanisad is the first vedic scripture use the word Yoga and define it as control of senses to achieve the supreme state. Yama taught Naciketas the fire meditation and contemplation of self or Adyatma Yoga. (II.3.11)

तां योगमिति मन्यन्ते स्थिरामिन्द्रियधारणाम्।

Conclusion of origin of Yoga

- ❖ There is no exact evidence about the origin of Yoga. Hence the Yoga has come from times immemorial.
- ❖ Religions practiced Yoga as one of the disciplines of Spirituality.
- ❖ It was slowly evolved and developed by the ancient sages not only in India but all over the world.
- ❖ Yoga is universal and not a religion
- ❖ It is because of the contribution of the great sages of India that made Yoga a science of living .

Misconceptions about Yoga

1. A Hindu religious practice.
2. Techniques to attain Siddhis
3. A practice for magical performances, such as bending the bars and tearing plates, breaking stones, walking on fire, remaining underground in a pit for several days
4. Practice is limited to monks.
5. A set of physical exercises
6. Only a form of treatment
7. Fear of becoming a celibate or a monk.
8. Emphasis strict vegetarian diet

9. Yoga is not necessary for children as they do physical exercises and play games and sports
10. Fear of becoming thin or lose of weight
11. Yoga is not necessary to those who do hard physical work
12. Women should not practice Yoga during their menstrual period
13. Fear of making asexual
14. Fear of becoming madness
15. Which or whose Yoga is good

Research studies and the Principles of Yoga are enough to establish that all misconceptions on Yoga is false and baseless

➤ Yoga has been studied and found to have positive effects on physical fitness, mood, anxiety level, and cognitive functioning (Berger & Owen 1992; Subramanya & Telles, (2009).

➤ The slow and gentle movement and static nature of *asanas* improve the muscle tone as well as flexibility . Moorthy, M. “ *Effect of selected yogic asanas and physical exercises on flexibility*” *The Yoga Review*.2 : (1982) 161-166.

- *Yoga Nidra* is a successful therapy for both recent and longstanding psychological disturbances of all kinds, especially high anxiety levels and neurotic behavior patterns Girodo M(1974)
- Yoga practices can significantly reduce the negative emotions-affects. Hasmukh Adhia,(2010)
- Practice of Surya Namaskar can bring significant increase in overall flexibility of the synovial joints , and can reduce Resting Heart Rate, reduce hypertension, improve body muscle endurance. Kristine M. Fondran (2008).
- Meditation can improve psychological wellbeing . Schoormans and Nyklicek (2011)

How Yoga brings total health - Principles of Yoga

1. Early to bed and early to rise.
2. The proper cleansing (Shad kriyas)
3. The proper diet (Mithahara)
4. The proper exercise (Loosening exercises, Suryanamaskar, Asanas- Mudras –Bandhas)
5. The proper breathing(Pranayama)
6. The proper relaxation (Relaxation asanas such as shavasana, Matsyakridasana- Hatha Yoga)
7. Positive thinking (Raja Yoga - by cultivation of Yama & Niyamas), Meditation

Several studies on the effect of Yoga on physical and psychological well being proves that all the misconceptions leveled against Yoga are baseless and false.



Early to bed and early to rise is the first yoga practice to maintain good health- BRAHMA MUHURTHA

- Sleeping late at night cause dysfunction of **Pineal gland which causes several diseases including cancer due to deficiency of melatonin hormone.**
- Various studies have shown that morning people exhibit character traits like optimism, being agreeable, satisfaction and conscientiousness.
- Night owls, are more likely to exhibit traits like depression, pessimism and neurotic behavior

Who can Practice Yoga

युवा वृद्धोऽतिवृद्धो वा व्याधितो दुर्बलोऽपि वा ।

अभ्यासात्सिद्धिमाप्नोति सर्वयोगेष्वतन्द्रितः ॥६७॥

*Yuvo vrddhoativrddho vā vyādhito durbaloapi vā
Abhyāsātsiddhimāpnoti sarvayogeshvatanndritah*

Success comes to him who is engaged in the practice.
How can one get success without practice; for by merely
reading books on Yoga, one can never get success.

How perfection comes in Yoga

Success cannot be attained by adopting a particular dress (Vesa). It cannot be gained by telling tales. Practice alone is the means to success. This is true, there is no doubt.

न वेषधारणं सिद्धेः कारणं न च तत्कथा ।

क्रियैव कारणं सिद्धेः सत्यमेतन्न संशयः ॥ ६९ ॥

Yogic Diet

Yogic diet is known as “ Mithaharam”

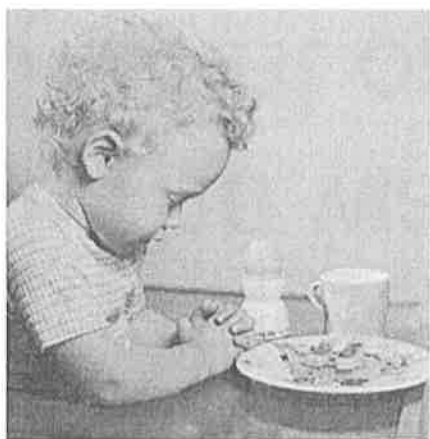
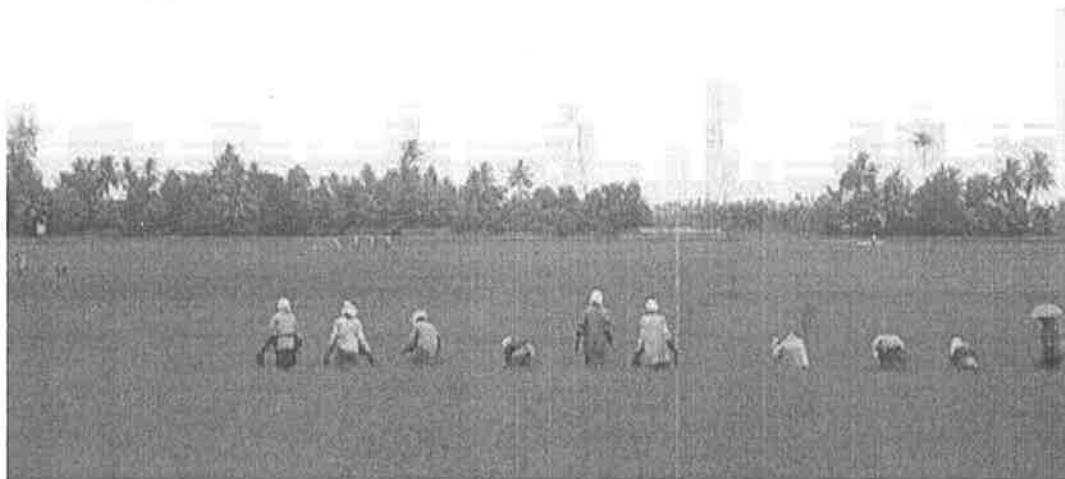
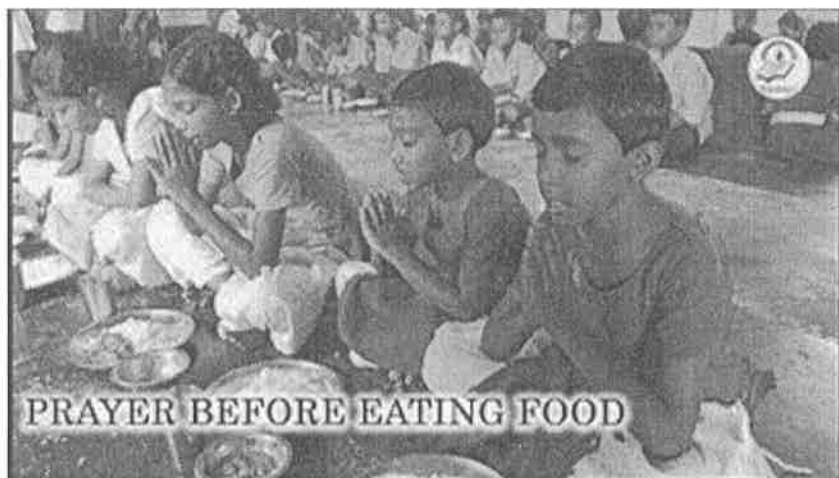
Means “ No under eating and No over eating”

Balanced diet

The Yogic diet has three important characteristics . They are :

- The way one eats
- what one eats
- when one eats.

Pray the food before you eat



Food is a basic necessity of life, and **provides nourishment and energy** for us to **sustain in daily life**. Hence by praying the food we worship the Life energy .

By praying the food

We worship the Mother Earth who produces food for all living beings

We respect the farmers who cultivate food for us

We respect the persons who cooks food for us

Characteristics of Mithaharam

1. Minimize talk while eating.
2. Take meals in the noon in the evening .
3. Avoid snacking habits.
4. Yoga promotes the motto “ Eat to live , not live to eat”.
5. Indicated Foods - Contra indicated Foods
6. Avoid Virudhahar.
7. Blood is alkaline hence eat alkaline foods.
8. Vegetarian contains 1st hand energy . Fruits contains phytochemicals .
9. The world famous wrestler Gama, Carl Lewis winner 9 Olympic medals, are vegetarians
10. Yoga recommends vegetarian food. But there are no food restriction to the Yoga practioners who attain perfection in Mayurasana , Mahamudra e.t.c. as they increase digestive fire.

Great Vegans

Among them are Albert Einstein, Voltaire, Plato,
Leonardo Da vinci



Gulam Mohammed –Gama. The world famous wrestler born into a family of *famous wrestlers* from Amritsar Punjab . Not only was he a *vegetarian*, but as a young boy he vowed never to eat onions . South Asian version of the World Heavyweight Championship on October 15, 1910



American former track and field athlete, who won 10 Olympic medals including 9 gold, and 10 World Championships medals, including 8 gold. Was a Vegan

Since Blood is a little alkaline in nature eat more alkaline foods.

75 % Alkaline food + 25 % Acidic Food - Very Good

50 % Alkaline food + 50 % Acidic Food - Good

25% Alkaline food + 75 % Acidic Food - Sick

Alkaline Foods

All Fruits
alcohol

All Leafy Vegetables

Nuts

Ragi, Barley etc

Apple and water melon

Acidic Foods

Meat, Fish, Rice,

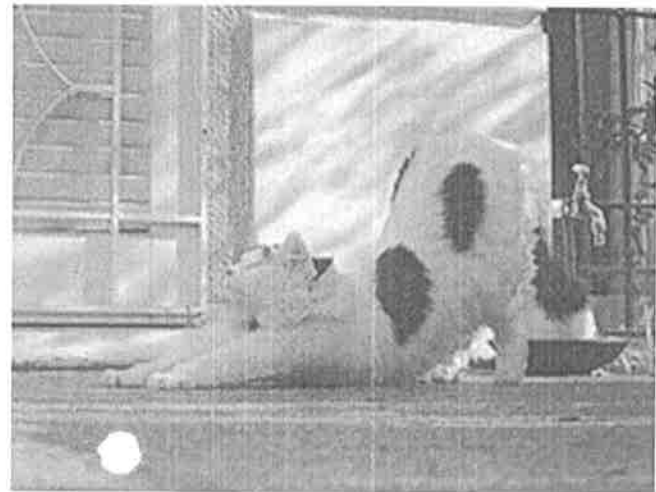
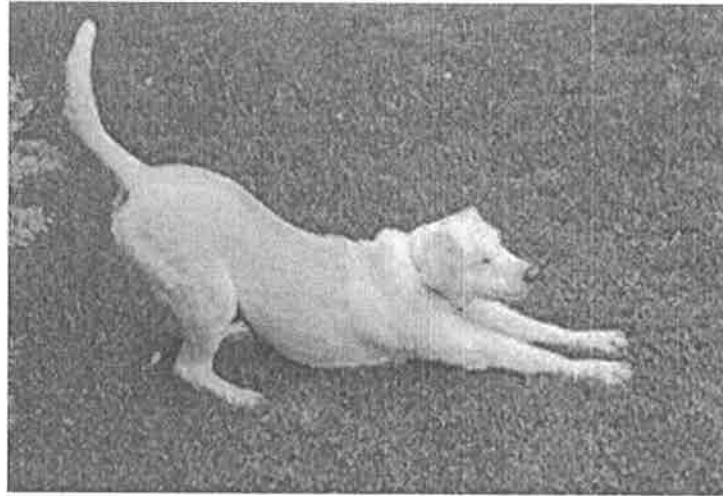
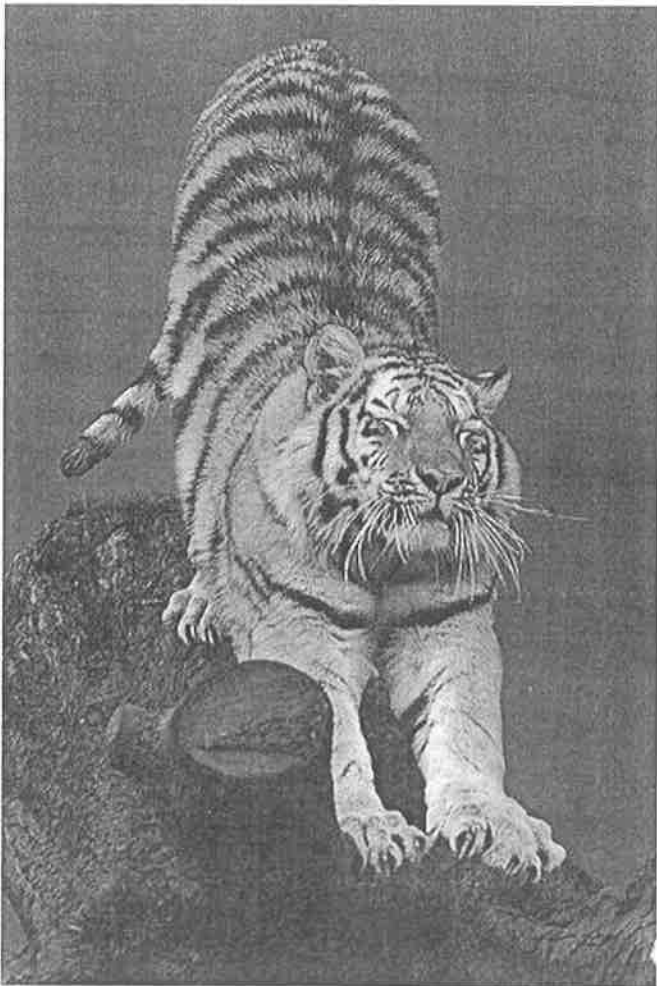
Baked items

Sweets

Ice creams e.t.c.

Role of Asanas

Stretching = Flexibility , strength , Controls physical movements , controls breath, massages internal organs, opens the potential energy channels controls the mind.



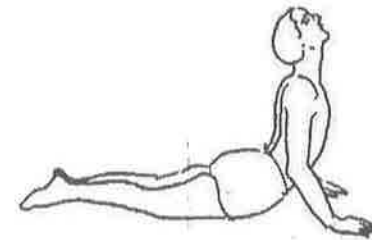
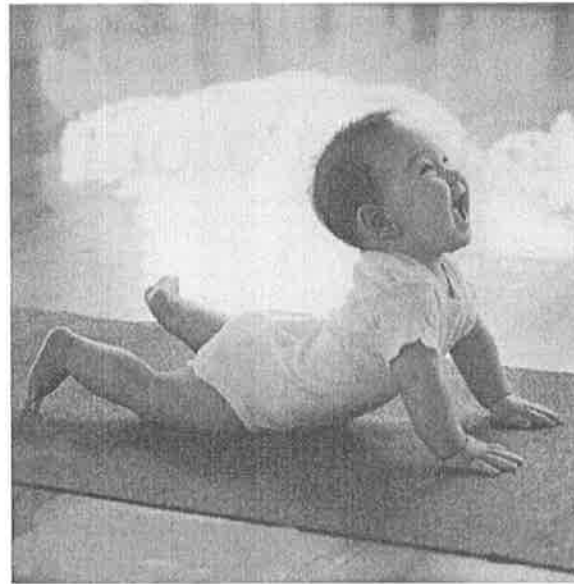
84 lakhs asanas

- Hatharatnavali - 84 Asanas
- Gheranda Samhitha - 32 Asanas
- Hatha Yoga Pradeepika - 15 Asanas,
- Shiva Samhitha - 4
- Goraksha Samhitha - 2

Perfection is more important than rather than practicing a number of asanas at one time.

Bhujangasana

Backward bend asana helps to expand the chest and encourage inhalation

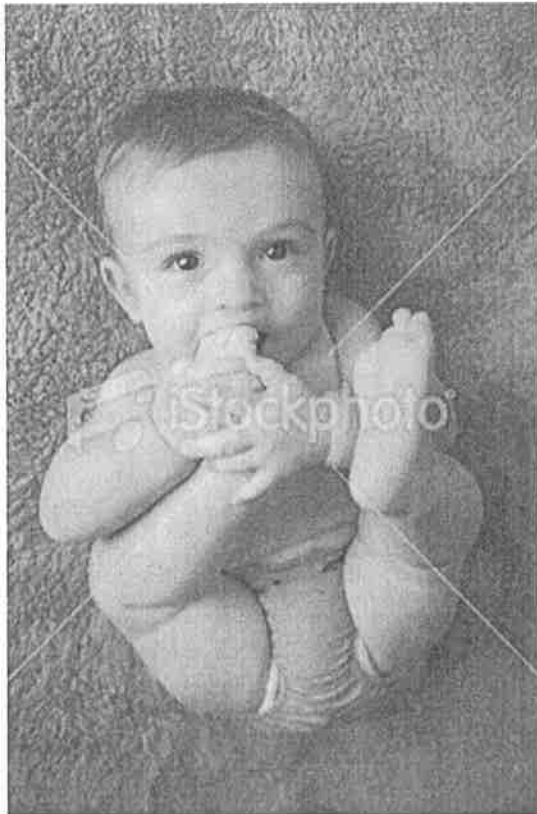


1. Relieves pain in the back
2. Strengthens the abdominal muscles
3. Effective in curing constipation
4. Tones up the abdominal viscera
5. Effective for women in toning up their ovaries and uterus
6. Good for relieving Pre Menstrual pain.
7. Keeps the sexual

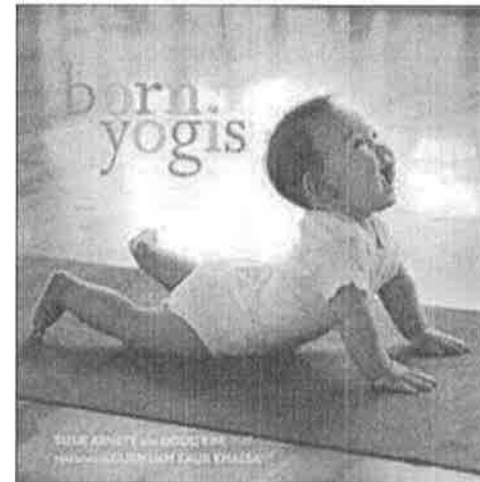
Benefits of stretching

- Decreases risk of injury
- Reduces stress
- Increases Flexibility
- Increases flow of vital nutrients, blood, and synovial fluid to joints and connective tissue
- Decreases muscle soreness, which helps you recover more quickly from workouts

Nature is the best teacher of Yoga



Babies do Yoga without Training.
It is because of such postures the
natural curvature of the spine develop.



Eka Pada Pranamasana /Vrikshasana Panacea for all diseases



- As we age, our balance skills deteriorate. Practice of balancing asana help to improve and maintain balance throughout our lives.
- If you cannot stand on one leg less than 10 seconds , it means that your aging process and degeneration is becoming fast with high risk for falling.

Psychological effect

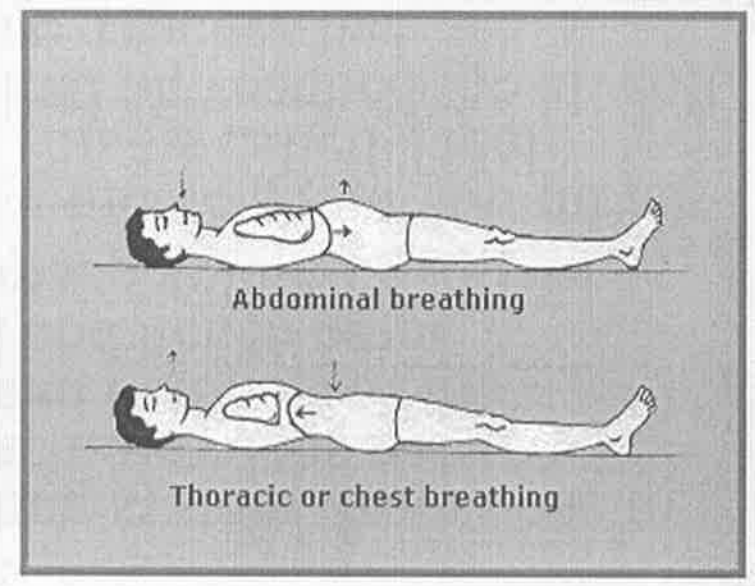
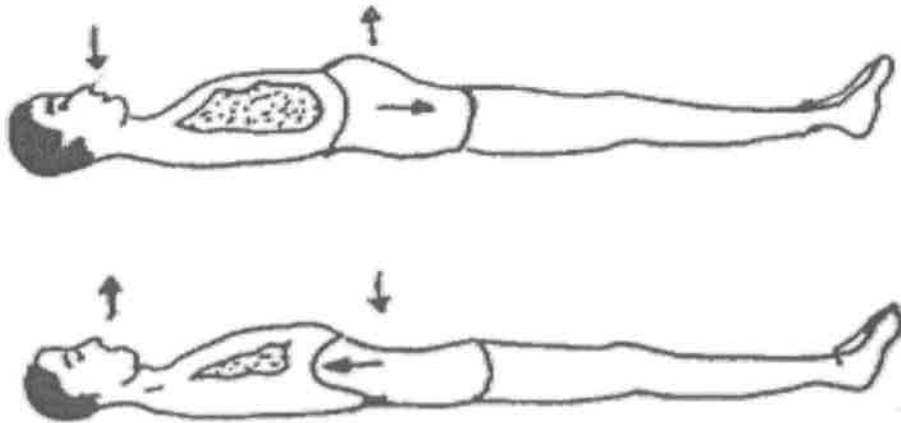
- ❖ Sharpens awareness and improves concentration , because without focused awareness, balance cannot be maintained .
- ❖ Hyperactive children who have a very short attention span particularly benefit from this asana.
- ❖ Sustaining eka pada pranamasana helps develop willpower and is therefore useful for people with addiction problems or low self-esteem
- ❖ In ancient times many Rishis performed penance standing in this asana
- ❖ Improves the Visual perception and Auditory perception
- ❖ Strengthen the Subconscious mind.

Pranayama . Breath is the bridge between body and mind

1. To avoid shallow breath due to poor postures.
2. To encourage diaphragmatic breathing
3. To provide more oxygen to the body
4. To control emotions.
5. Cellular respiration
6. Brain needs more oxygen - A lack of oxygen means a loss of mental balance, concentration, stress.

Corrects poor and faulty breathing habits
increases oxygen intake in the body
Increases the vital capacity of lungs
Makes the body fit to prevent all kinds of ailments
Activates PSNS and makes the mind calm and tranquil.
Brain needs more oxygen

Abdomino diaphragmatic breathing



Anatomical Dead Space

- The air remaining in the conducting system, from nose to the beginning of respiratory bronchioles does not participate in the gas exchange and that part of the ventilation is considered wasted and hence name “anatomical dead space”. Dead space volume: 150 ml
- During quiet breathing at rest, we inhale about 500 ml air and exhale same amount of air. This is called Tidal volume. But not all of the inspired air reached the alveoli. Only about 350 ml of tidal volume reaches the alveoli. ($500 - 150 = 350$)
- As fresh air is inhaled it is mixed with anatomical dead space.
- Kapalabhati or forceful exhalation is good to throw out the old air from the anatomical dead space which facilitates inflow of fresh air in the lungs.
- Aerobic exercises.

Nadhishodhana Pranayama



Strengthens the vital capacity of the lungs.
Protect from all kinds of lungs-oriented diseases.

Purifies the Nadis.

Balances the para sympathetic and Sympathetic nervous system.

Improves mental concentration.

Helps to control emotions

Helps to balances the functions of the right and left hemispheres.

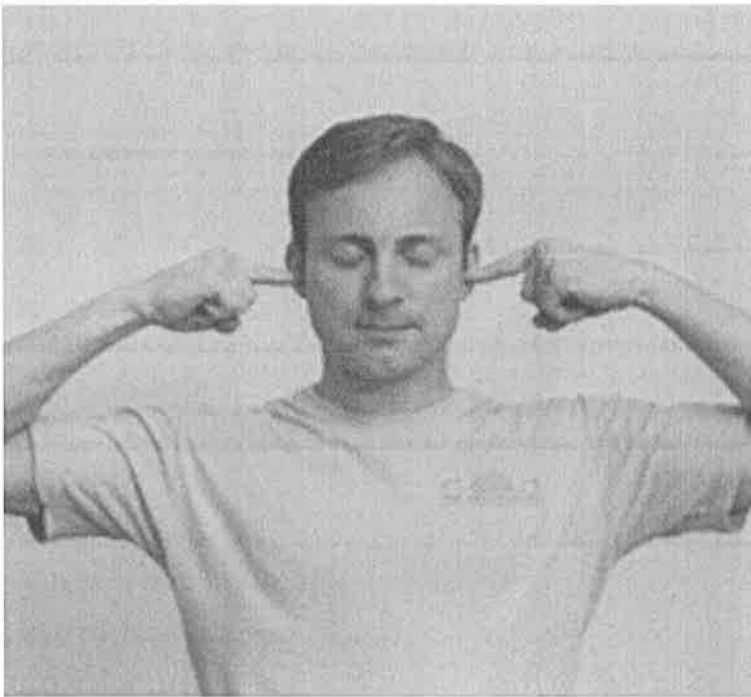
Helps to calm the mind

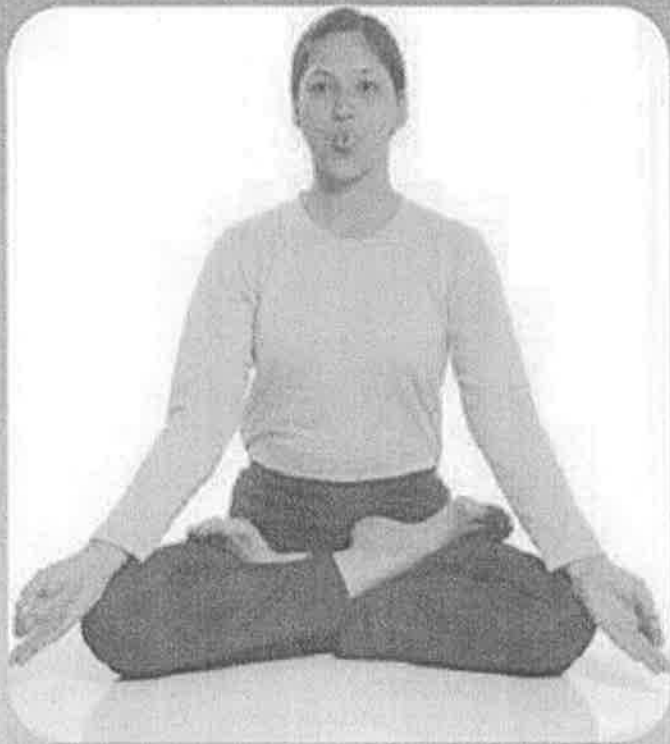
Rajajajeyakumar (2011) concluded that breathing through the right nostril called Surya Nadi Pranayama (SNP) increases the sympathetic activity and breathing through the left nostril called Chandra Nadi Pranayama (CNP) increases the parasympathetic activity and these can be appropriately advocated in many chronic cardiovascular diseases where the autonomic imbalance is one of the primary derangements.

In Swara Yoga Philosophy it is said that when the prana flows smoothly through the left nostril, the chandra nadi or Ida nadi or mental energy or PSNS is activated, and when the prana flows smoothly through the right nostril, the Surya Nadi or Pingala nadi or physical energy or SNS is activated. Hence

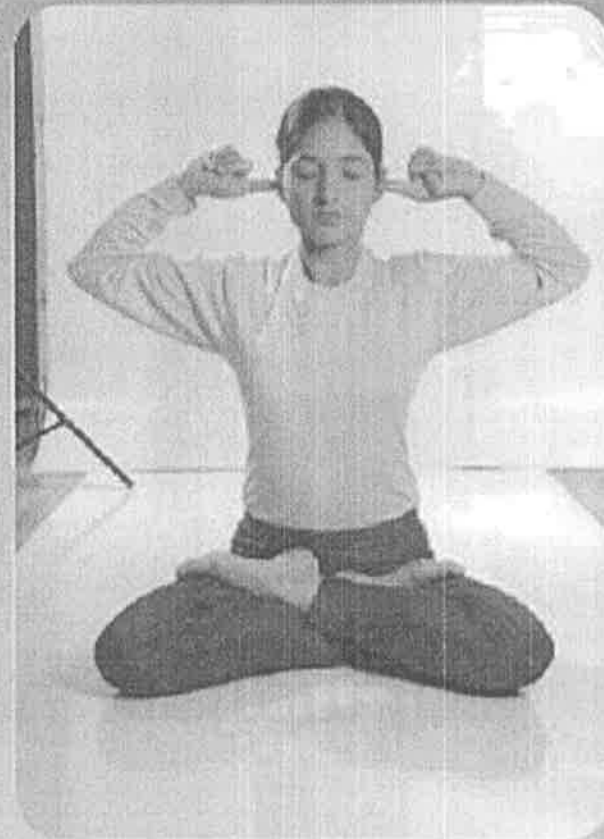
The great Benefits of Nadhishodhana and Brahmari Pranayama

Kapalabhati throw out the foul air from the anatomical space.



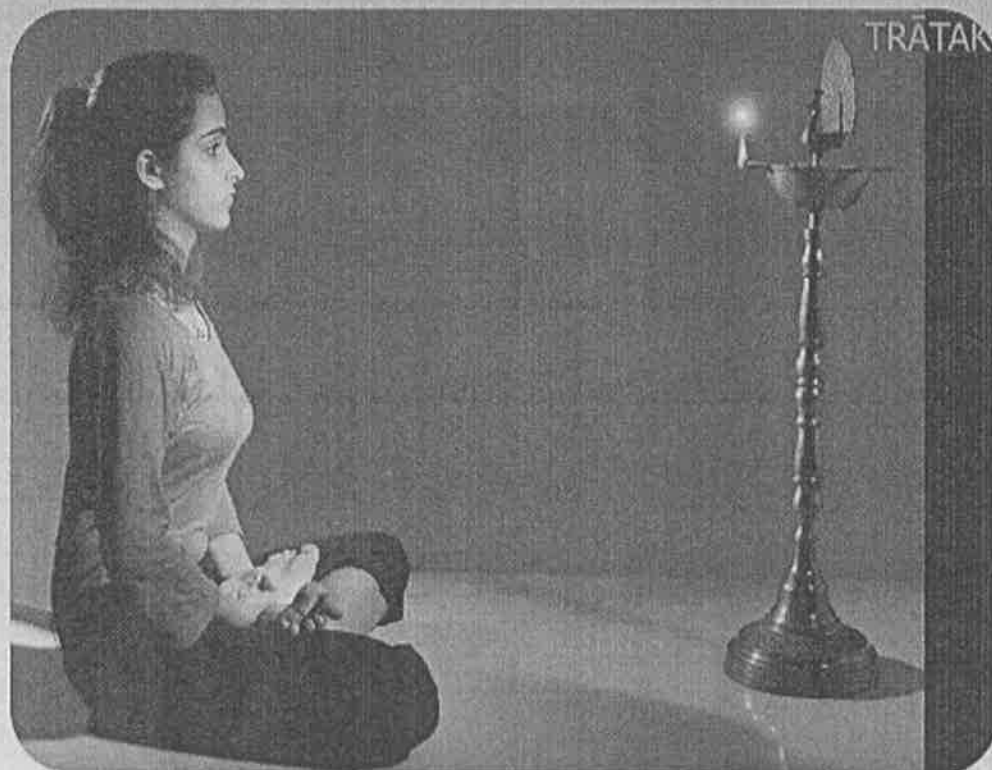


Sheetali Pranayama



Bhramari Pranayama

Trataka





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HAVE A GOOD DAY FOR EVERY DAY.

THANK YOU

