



LIBRARY BULLETIN

Volume 4, Issue 1, June 2023



Librarian's Message

Greetings to all!

We extend a warm welcome to the upcoming academic year 2023–2024.

We look forward to seeing you all in the library soon. Last academic year, we significantly expanded number of print and digital resources in our library. During library hours, you can also access our digital collection via OPAC on the college website.

"**Yoga for VasudhaivaKutumbakam**" is this year's International Day of Yoga theme. Consequently this issue includes information about online yoga resources to help you incorporate yoga into your life. You can also find information on Wlaret's Book Reading Competition, a glimpse of library events, a list of recent additions to the library and links to useful educational resources in this issue.

Wish you all a successful and enjoyable academic year.

Happy reading!

Ligimol Benny,
Librarian

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Contact: 022 26495230

International Yoga Day

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. The proposal was introduced by Indian Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly. Recognizing its universal appeal, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131 on 11 December 2014.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. It is currently practiced in many different forms all over the world and is becoming more and more popular.

Yoga is not a religion; it is a way of living towards 'a healthy mind in a healthy body'. It supports the harmonious growth of the human being's three facets—physical, mental, and spiritual. It is a powerful practice that benefits people of all ages, including youngsters, in a variety of ways on the physical and mental levels. Engaging in yoga at a young age helps promote overall well-being, flexibility, strength, balance and focus. Yoga protocol videos and digital resources have been released by the Ministry of Ayush, Government of India. Below are a few helpful yoga links for your quick reference.

Websites Links:

<https://yoga.ayush.gov.in/> (Yoga portal, Ministry of Ayush, GOI)

<https://yoga.ayush.gov.in/public/assets/front/pdf/CYP-2023-Hindi.pdf> (Common Yoga Protocol, Hindi)

<https://yoga.ayush.gov.in/public/assets/front/pdf/CYP-2023-English.pdf> (Common Yoga Protocol, English)

<https://theyogainstitute.org/> (The Yoga Institute, Santacruz)

<http://yogamdniy.nic.in/> (Morarji Desai National Institute of Yoga)

Videos Links:

https://youtu.be/Av5ib_XRKT4 (Common Yoga Protocol English)

<https://youtu.be/h1OxpsDKpHM> (Common Yoga Protocol Hindi)

<https://youtu.be/Yn8M4PdfY-Q> (Yoga Protocol for Stress Management)

<https://youtu.be/y-XrbAcrQNQ> (5 Minutes Yoga Break)

https://youtu.be/_Sby7UGn6ZE?list=PLRR-Y7wX83kt6JaReO8ouS3zOCIXSwiWk
(Y Break at workspace)

<https://youtu.be/lAOntl5-VFQ> (Opening prayer and Closing prayer for Yoga with lyrics and meaning in English)

<https://youtu.be/eFDTdHYz7dE> (AyushSanchar-Common Yoga Protocol)

<https://youtu.be/fWUuPZu1MIw> (Yoga Sequence for Immunity/ Suryasana Movement)

<https://youtu.be/8JfZpQQdiIo> (PRANAYAMA for beginners)

https://youtu.be/_ltXnuVixO4 (YOGA for Beginners- by AYUSH Ministry)

WHO Mobile App

WHO in collaboration with the Government of India, has launched WHO mYoga - a yoga app to help people stay active and healthy. The app is a simple-to-use and free tool for both persons who are attempting yoga for the first time and for those who already practice yoga on a regular basis. It offers a collection of videos and audio files to teach and accompany yoga practice.

Book Reading Competitions (Online) by WLARET

WLARET (The Book Reading Company, Hyderabad) holds book reading competitions (online) for college students every year at the national level. The competition promotes book reading habits, which enhances knowledge, vocabulary, writing abilities, and also lowers mobile usage.

The competition on www.WLARET.com started on May 1 and runs for six months, through October 31. When a student registers for this competition, they provide them with a list of the 12 Best Books (3 Free E-Books included), according to their age. After students have finished reading those books, they ask them questions and award prizes for right responses. More students are registering, and students from more than 20 different cities in the country are already participating.

Dear students, please take advantage of this excellent opportunity to strengthen your reading habits and, as a result, your knowledge and language proficiency. So please don't pass up this wonderful chance. You are welcome to borrow the books they have recommended from our library, and if they are not immediately available, the library will order them for you. Hence, you don't need to buy the books.

Information on how to register for the competition can be found in the flyer provided below.

WLARET'S

BOOK READING COMPETITION

Read Books , Win Prizes

MAY 1st 2023 - OCTOBER 31st 2023

Participate in WLARET's 6-Month BOOK READING COMPETITION (ONLINE) @ www.WLARET.com & WIN lots of exciting Prizes.

PRIZE LIST
Book Reader Badge, Medal, Certificate of Appreciation, Book Mark, Letter of Commendation, Trophy, Surprise Gifts!!!

STEPS

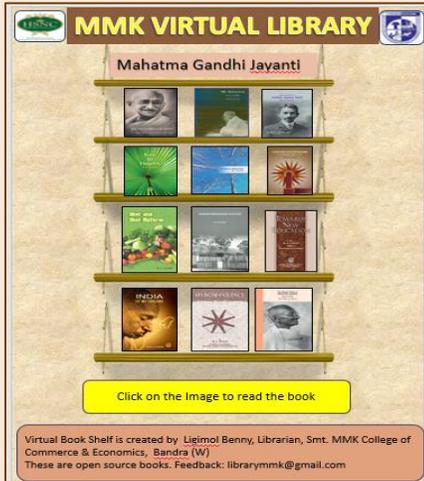
- Go to www.WLARET.com
- Click on SIGN-UP Button
- Enter your email id, password to create the Account
- Login into Account using SIGN-IN Button
- Enter Your Age, Institute, City details
- Register for the Competition (Fees: Rs. 500 for 6 months) to see your 12 'BEST SELLER Books' List which includes 3 Free E-Books. Remaining 9 Books can be borrowed or purchased.
- Start Reading the Books, Write Reviews, Give Answers, and Win Prizes

SIGN-UP online at www.WLARET.com

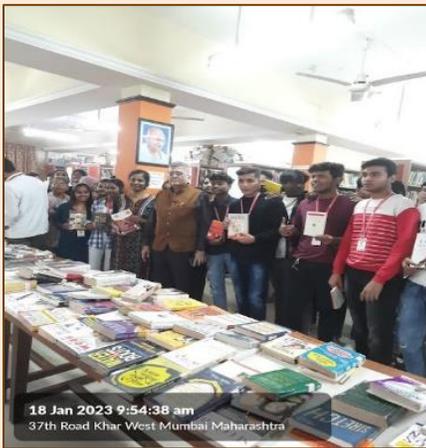
CONTACT DETAILS
hello@wlaaret.com
8897635834 (Hyderabad)

Glimpse of Library Events in 2022-23

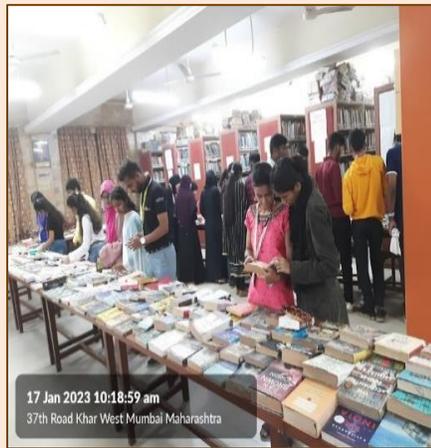
Books Xmas Tree



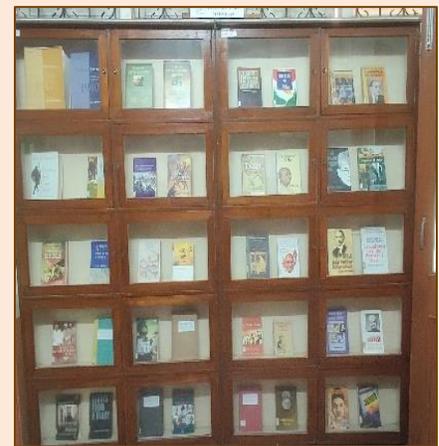
Books Exhibition



Books Exhibition



Azadi Ka Amrit Mahotsav



International Yoga Day



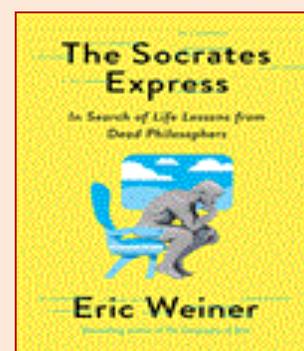
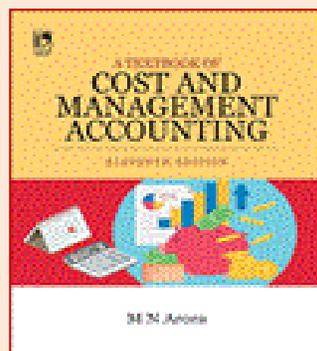
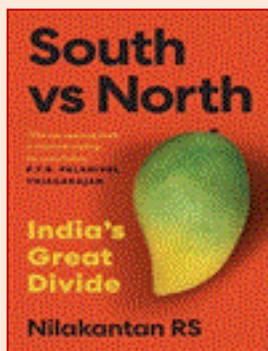
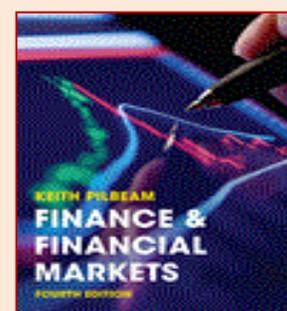
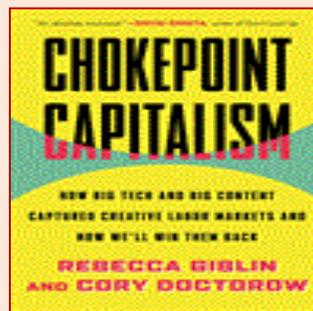
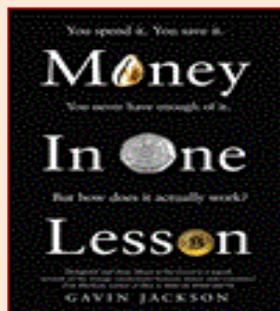
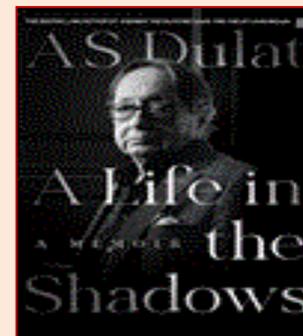
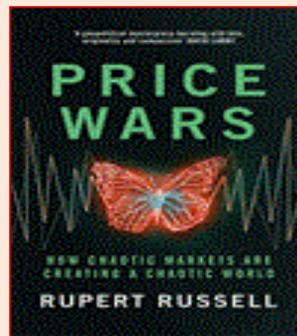
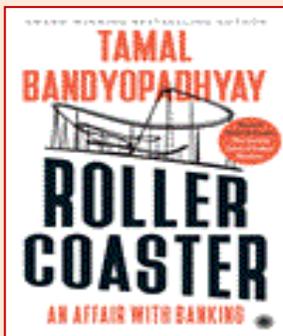
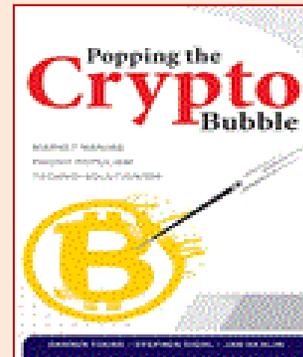
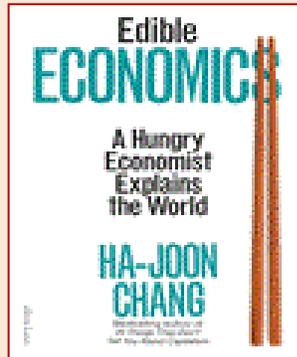
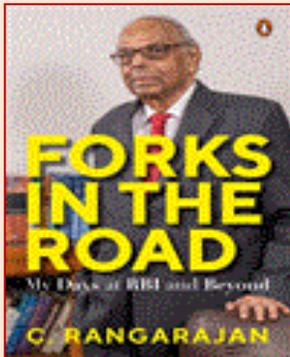
Teachers Day

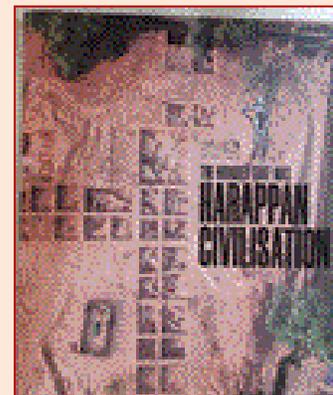
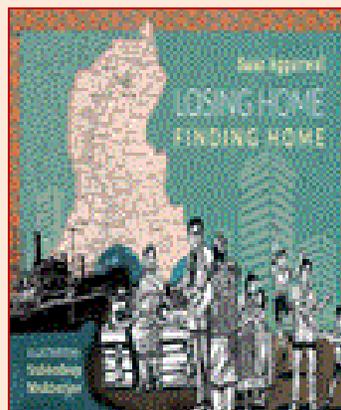
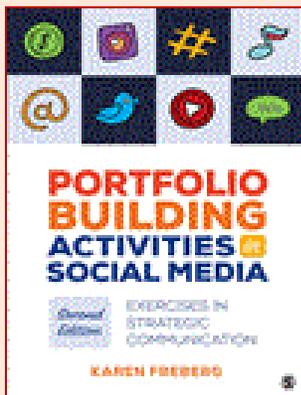
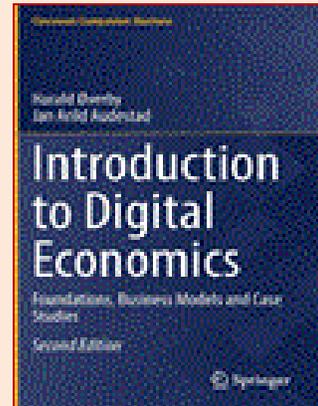
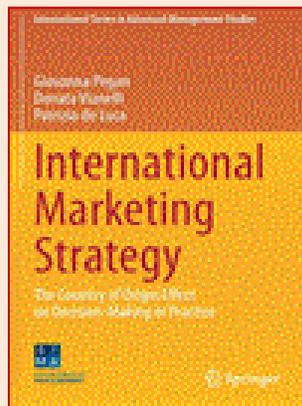
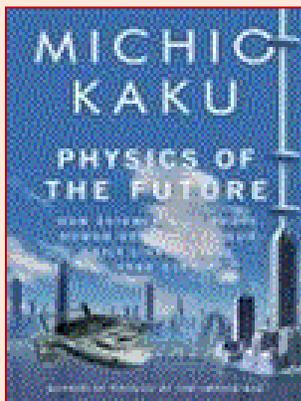
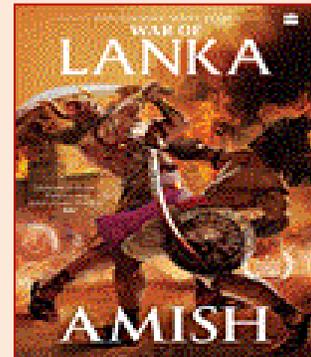
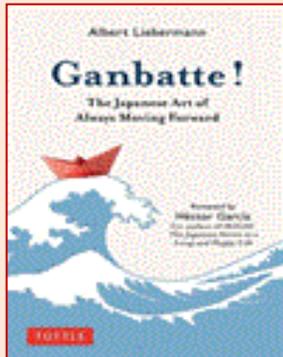
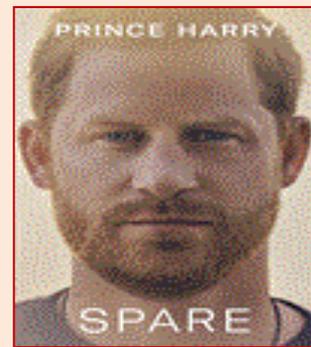
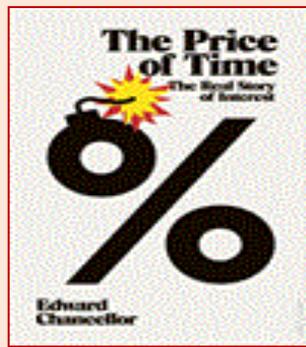
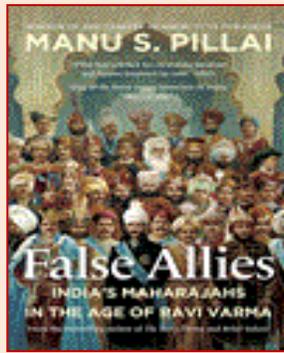


Women's Day



New Arrivals in the Library
(Please click the image to read review)





Best Reader of 2022-23



Mr. Hasibul Sofiel Shaikh
M.Com -1 (2022-23)

Library OPAC (Online Public Access Catalogue)

You can search library collection on OPAC through college website during library hours. A large number of online resources are added to OPAC recently. In addition, a lot of helpful OER (Open Educational Resources) links have been added on OPAC that you can utilize for your future studies. You can also download previous question papers from OPAC.

Open Educational Resources

<https://ndl.iitkgp.ac.in/>

<http://vidyamidra.inflibnet.ac.in/>

<http://egyankosh.ac.in/>

<https://epgp.inflibnet.ac.in/>

<https://nptel.ac.in/>

<https://www.swayamprabha.gov.in/>

Web-OPAC Access: <http://103.250.38.96/w27/>

Email: librarymmk@gmail.com

