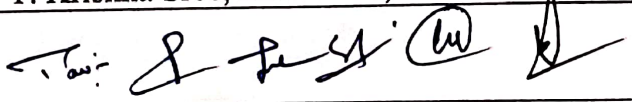



PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY

DEPARTMENT OF FRESHMAN ENGINEERING

SUMMARY REPORT ON EVENT ORGANIZED

ACADEMIC YEAR : 2024-2025	
Date of Event organized & Time	07-08-2024
Name of the course	STUDENT INDUCTION PROGRAM
Title of the Program	Reprogramme your brain with Sushmna kriya Yoga
Resource person	Mrs. Srieesha Rudrama Raju.
Brief Report on the Event	A one-day workshop titled "Reprogramme Your Brain with Sushmna Kriya Yoga" was conducted by Mrs. Srieesha Rudrama Raju. The seminar aimed to introduce participants to the principles and practices of Sushmna Kriya Yoga, focusing on how this ancient technique can be used to enhance mental clarity, emotional balance, and overall well-being. Mrs. Srieesha Rudra Raju, an expert in the field, began the session by explaining the fundamentals of Sushmna Kriya Yoga, emphasizing its benefits in reprogramming the mind for positive thinking and stress management. The seminar included guided meditation sessions, breathing exercises, and practical tips on incorporating these practices into daily life.
Year/Semester	I YEAR /I SEM
No. of the participants	All I B. Tech. students present during the Induction program
Consolidated Feedback	Good
Suggestions if any	---
Name of the Co-ordinators	Dr. P. Pavani, Ast. Prof., FED Dr. S. Lakshmi Tulasi, Asst. Prof., FED Dr. T. Preeti Rangamani, Asst. Prof., FED Mrs. P. Lakshmi Lavanya, Asst. Prof., FED Dr. G. Sree Devi, Asst. Prof., FED Mrs. T. Krishna Sree, Asst. Prof., FED
Signature of the Co-ordinators	
Signature of the HOD	

Freshman Engineering Department
PVP Siddhartha Institute of Technology
Kannuru, VUAYAWADA-520 007.



PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
(Autonomous) Kanuru, Vijayawada
Freshman Engineering Department

Name of the Activity / Program: Reprogramme your brain with Sushmna kriya Yoga

Objectives:

1. Introduction to Sushmna Kriya Yoga
2. Enhancing Mental Clarity
3. Promoting Emotional Balance
4. Improving Well-being
5. Empowering Personal Growth
6. Practical Application

About the Topic/ Activity:

The workshop aimed to introduce participants to the principles and practices of Sushmna Kriya Yoga, delving into the ancient wisdom behind this transformative technique. The focus was on demonstrating how Sushmna Kriya Yoga can be harnessed to enhance mental clarity, emotional balance, and overall well-being. Participants were guided through the foundational aspects of the practice, including its philosophical underpinnings and practical applications in daily life.

Mrs. Srieesha Rudrama Raju emphasized how Sushmna Kriya Yoga can be a powerful tool for reprogramming the brain, enabling individuals to shift their mental patterns from stress and negativity to calmness and positivity. The seminar explored the connection between breath control, meditation, and the activation of the Sushmna Nadi, a central energy channel in the body, which is believed to facilitate higher states of consciousness and inner peace.

In addition to mental clarity and emotional balance, the seminar highlighted the potential health benefits of Sushmna Kriya Yoga, such as improved concentration, better stress management, and enhanced physical vitality. Mrs. Raju also discussed how regular practice could lead to profound personal transformation, fostering a deeper sense of purpose and alignment in life.

The workshop aimed to equip participants with practical knowledge and techniques that could be easily integrated into their daily routines, empowering them to take control of their mental and emotional well-being and embark on a journey of self-discovery and inner growth.





GPS Map Camera

Vijayawada, Andhra Pradesh, India

Prasad V Potluri Siddharth Institute of technology, Chalasani Nagar, Kanuru,
Vijayawada, Andhra Pradesh 520007, India

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