

PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY

KANURU, VIJAYAWADA

DEPARTMENT OF FRESHMAN ENGINEERING

CIRCULAR

Date: 22.11.24

A program WINGS (Wholesome Integration Nurturing Good Students) is initiated for all the I B. Tech. students to guide them to the pathway of success in different domains.

As a part of Talk-8 a one day seminar on “Awaken your potential with Sushumna Kriya” is organized to all the I B. Tech. Students to illustrate the effectiveness in managing stress, anxiety and lifestyle- related disorders for their personal and professional growth.


Topic: “Awaken your potential with Sushumna Kriya”

Speaker: Mrs. Sireesha Rudraraju

Date: 23.11.2024




Venue: Auditorium.

Time: 10.00 am


(Dr.M.SriLakshmi)

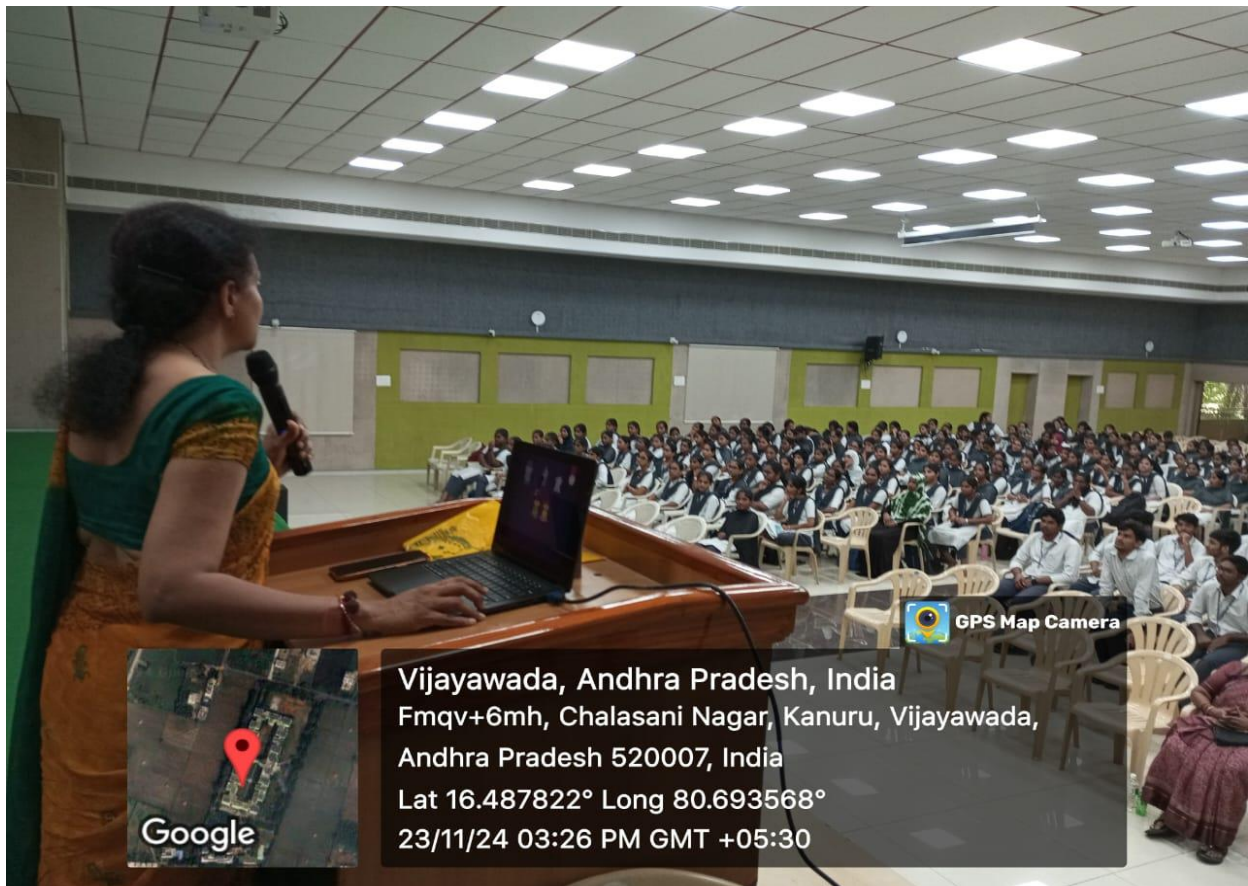
Head
Freshman Engineering Department
PVP Siddhartha Institute of Technology
Kanuru, VIJAYAWADA-520 007.

PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY
DEPARTMENT OF FRESHMAN ENGINEERING
SUMMARY REPORT ON EVENT ORGANIZED

ACADEMIC YEAR : 2024-2025	
Date of Event organized	23.11.2024
Name of the Event	Wings Talk Series
Resource person	Mrs. Sireesha Rudraraju
Title of the Event	<i>"Awaken your potential with Sushumna Kriya"</i>
Brief Report on the Event	<p>The session was led by certified instructors of Sushumna Kriya Yoga, who explained the philosophy and benefits of the practice, including:</p> <ol style="list-style-type: none"> 1. Awakening inner energy and consciousness 2. Enhancing focus, clarity, and emotional balance 3. Reducing stress and anxiety through breath and meditation <p>Connecting with one's higher self and purpose</p> <p>Participants were taken through a gentle, guided session of Sushumna Kriya meditation, helping them experience inner stillness and relaxation. The seminar was a deeply insightful and calming experience by the spiritual awakening with the purpose of inspiring individuals to lead a more balanced, purposeful, and fulfilling life.</p>
Year/Semester	I YEAR / I SEM
No. of the participants	500
Consolidated Feedback	Very Good
Suggestions if any	---
Name of the Co-ordinators	<p>Mrs. T. Krishna Sree, Asst. Prof., FED</p> <p>Dr. M.Silpa, Asst. Prof., FED.</p>
Signature of the Co-ordinators	 
Signature of the HOD	

Freshman Engineering Department
PVP Siddhartha Institute of Technology
Kanuru, VIJAYAWADA-520 007.





TALK-8 PICS

