

**PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY**

**DEPARTMENT OF FRESHMAN ENGINEERING**

**SUMMARY REPORT ON EVENT ORGANIZED**

<b>ACADEMIC YEAR : 2025-2026</b>	
<b>Date of Event organized &amp; Time</b>	12-08-2025(2.30 pm - 4.30 pm)
<b>Name of the course</b>	STUDENT INDUCTION PROGRAM
<b>Title of the Program</b>	Induction Program by Art of Living
<b>Resource person</b>	Mr.Manikanta
<b>Brief Report on the Event</b>	<p>On August 12, 2025, the Freshman Engineering Department of PVPSIT organized an <i>Art of Living</i> session for all first-year B.Tech students as part of the Induction Programme. The session focused on the importance of holistic well-being, stress management, and positive thinking in students' academic and personal lives. Through simple breathing techniques, meditation practices, and interactive activities, the resource persons encouraged students to cultivate inner calm, resilience, and self-awareness.</p> <p>The programme highlighted the significance of balancing academic rigor with mental health and emotional stability. Students were motivated to adopt healthy lifestyle practices and embrace values such as mindfulness, gratitude, and harmony in their daily routines. This session served as a valuable step in promoting overall wellness, helping students begin their academic journey with clarity, positivity, and a balanced outlook.</p>
<b>Year/Semester</b>	I YEAR /I SEM
<b>No. of the participants</b>	All I B.Tech students present during the Induction program.
<b>Consolidated Feedback</b>	Good
<b>Suggestions if any</b>	---
<b>Name of the Coordinators/Signature of the Coordinators</b>	Dr.A.Purnachandra Rao, Assoc. Prof. FED  Dr. P. Pavani, Assoc. Prof., FED  Dr.SK.Rehena, Asst. Prof., FED  Dr. P. Lakshmi Lavanya, Asst. Prof., FED  Mr. M.Naga Prasad, Asst. Prof., FED  Dr. G.Raghavendra Ganesh, Asst. Prof., FED 
<b>Signature of the HOD</b>	

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

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

**Name of the Activity / Program:** Induction Program – *Art of Living Session*

**Trainer:**

Mr. Manikanta, Certified Art of Living Trainer

As part of the Student Induction Programme at PVPSIT, a special *Art of Living* session was conducted to familiarize first-year B.Tech students with practices that promote holistic well-being, stress management, and positive lifestyle habits.

### **Highlights of the Session**

Mr. Manikanta introduced students to the vision and philosophy of the *Art of Living Foundation*, emphasizing the importance of mindfulness, inner peace, and emotional balance. He explained how practices such as meditation, breathing techniques, and relaxation exercises can help students manage academic stress, improve concentration, and lead healthier lives.

- The session focused on the core aspects of the *Art of Living* approach, including:
- Cultivating inner calm and resilience through breathing and meditation techniques.
- Encouraging positive thinking, gratitude, and emotional well-being.
- Building harmony in relationships and fostering compassion.
- Balancing academic rigor with mental health and overall wellness.

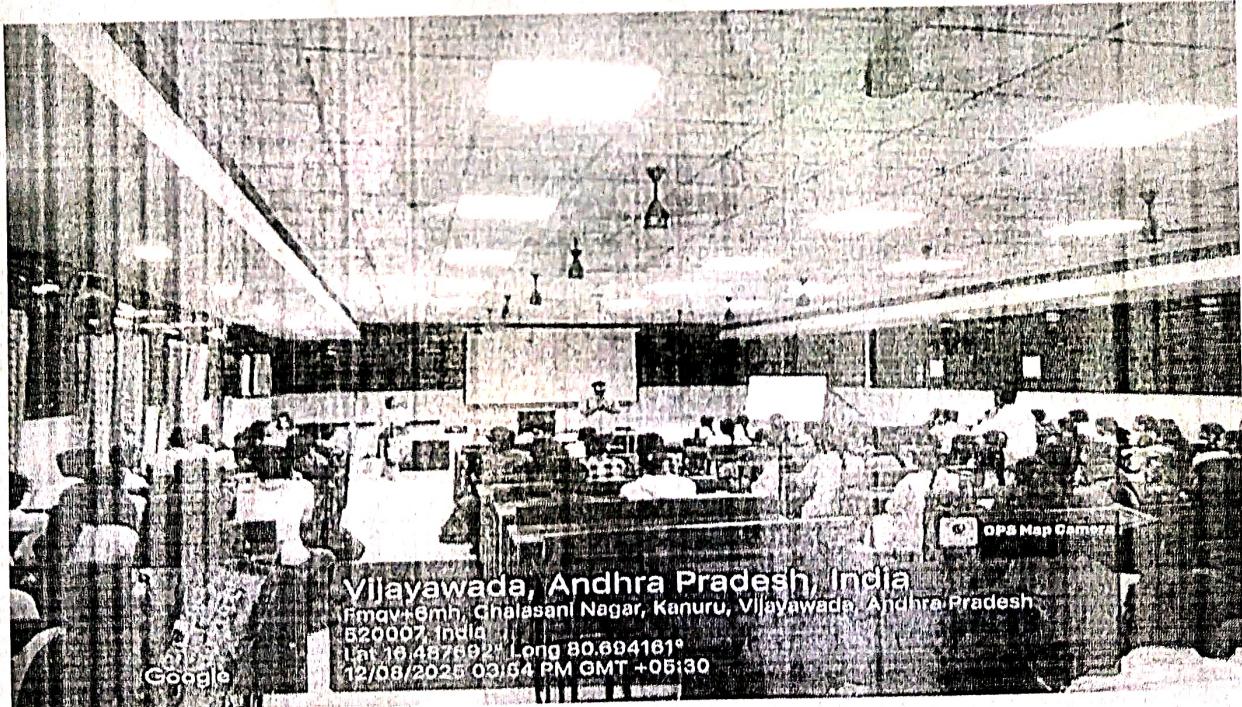
Through interactive demonstrations and guided practice, students experienced simple yet powerful techniques that can be integrated into their daily routines.

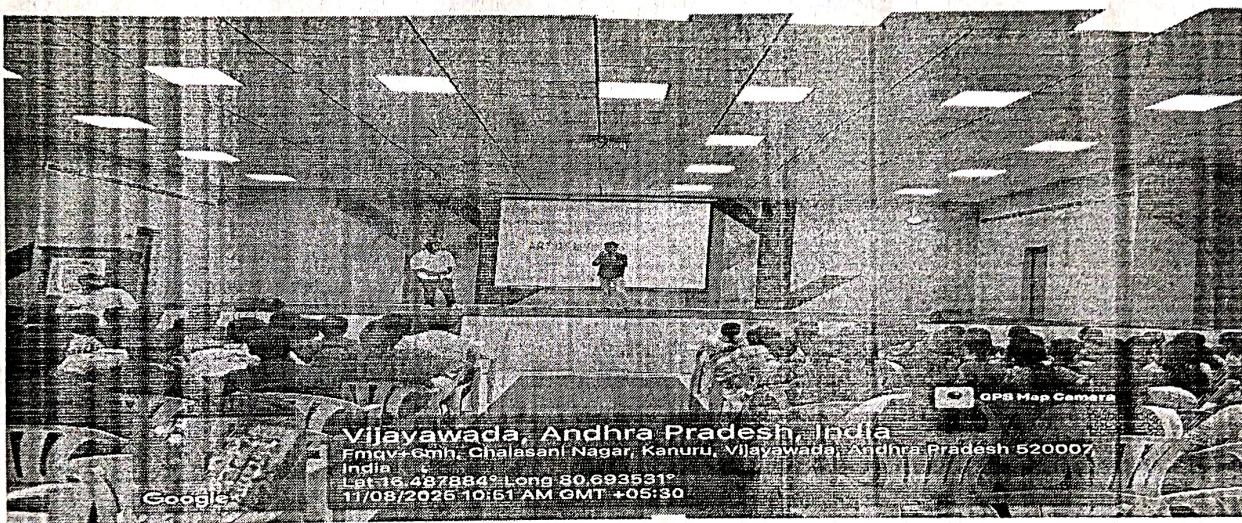
### **Outcomes**

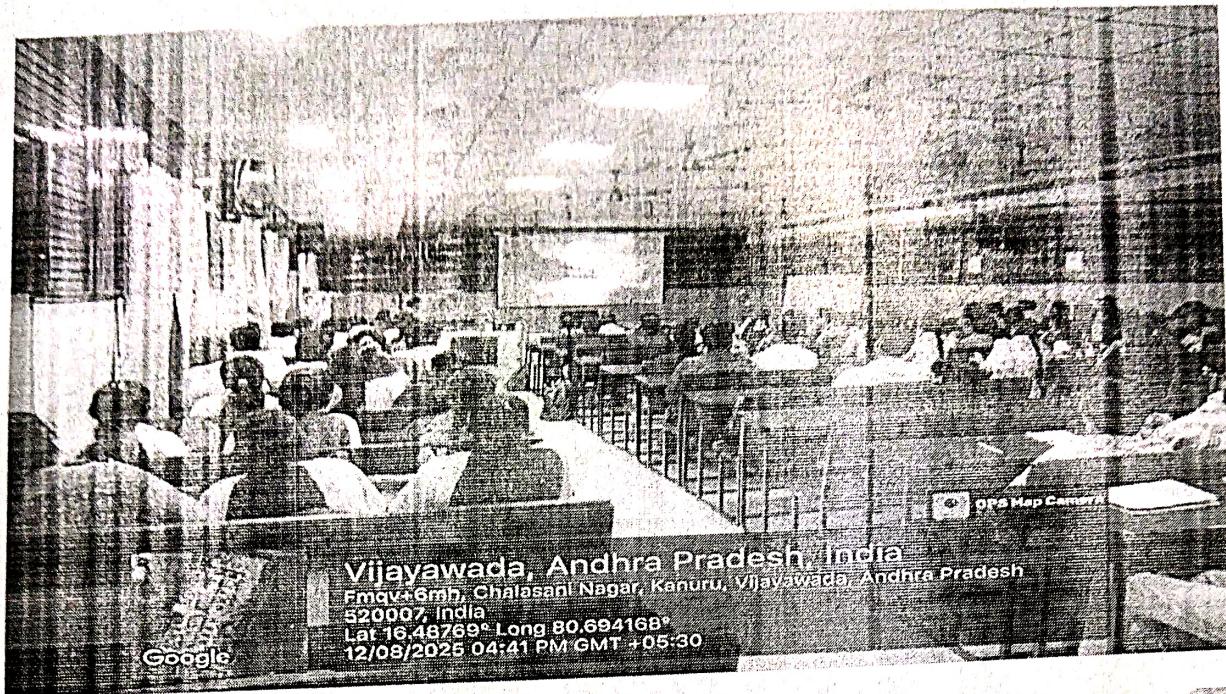
- Students gained awareness of the importance of mental and emotional well-being.
- The session inspired them to adopt healthy lifestyle practices and mindfulness techniques.
- The interactive approach fostered enthusiasm and helped students understand how holistic practices support both academic success and personal growth.

### **Conclusion**

The *Art of Living* induction session, led by Mr. Manikanta, was highly impactful in motivating students to embrace mindfulness and positive lifestyle changes. By highlighting the dual benefits of inner well-being and academic excellence, the programme successfully encouraged first-year students to integrate these practices into their daily lives at PVPSIT.







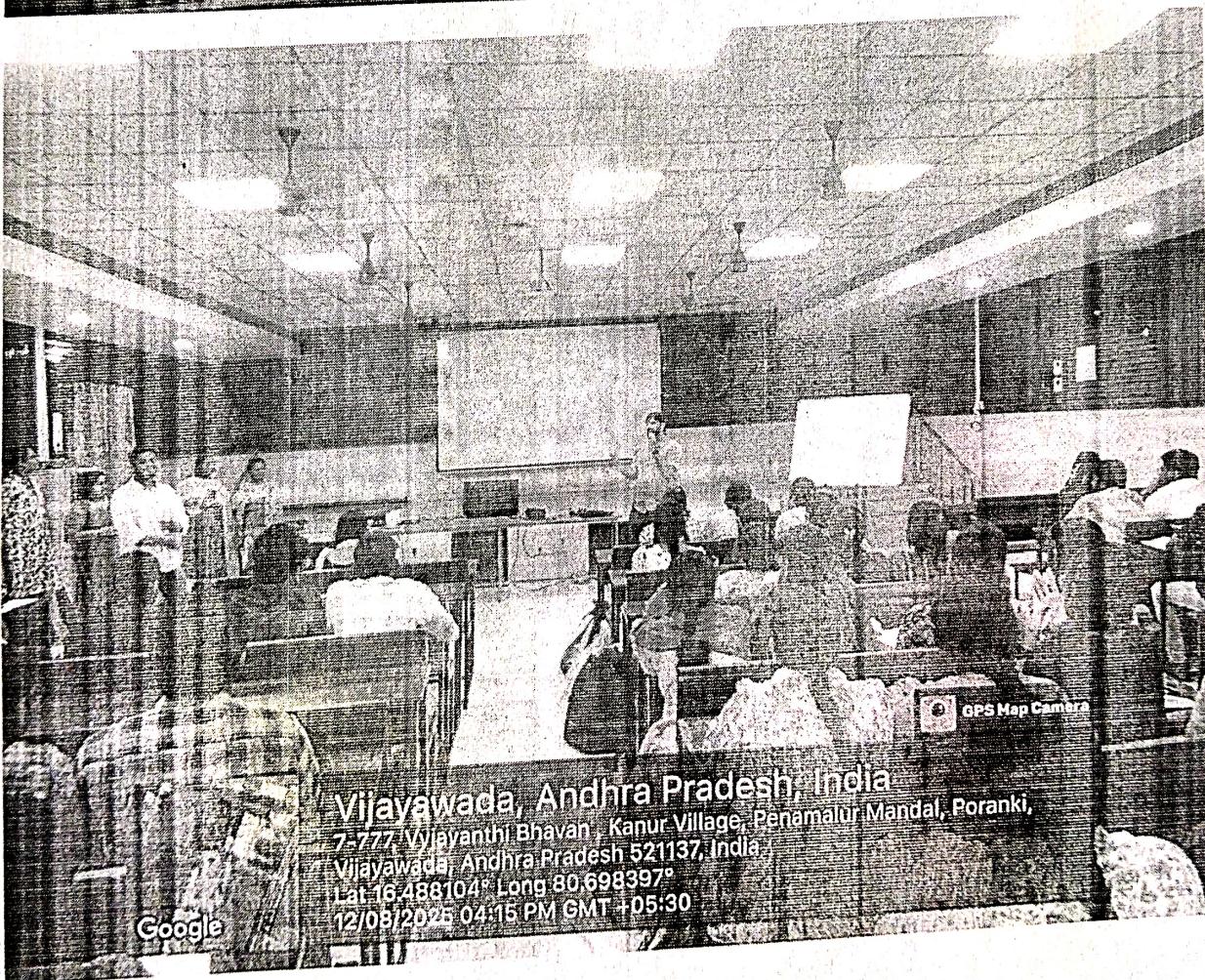
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