

PVP SIDDHARTH INSTITUTE OF TECHNOLOGY

DEPARTMENT OF FRESHMAN ENGINEERING

SUMMARY REPORT ON EVENT ORGANIZED

ACADEMIC YEAR : 2025-2026

Date of Event organized & Time	07-08-2025(9.30 am -12.30 pm)
Name of the course	STUDENT INDUCTION PROGRAM
Title of the Program	Yoga orientation
Resource person	Sri.K.V.S.K.Murthy
Brief Report on the Event	The Yoga Orientation Programme conducted on 07 August 2025 was highly beneficial for 1 B.Tech students. It served as an effective platform to introduce yoga as a holistic approach to health and well-being. Such programmes are essential in professional institutions to nurture not only academic excellence but also physical and mental wellness. It is recommended that regular yoga sessions be organized for students in the future.
Year/Semester	1 YEAR /1 SEM
No. of the participants	All 1 B.Tech students present during the Induction program.
Consolidated Feedback	Good
Suggestions if any	---
Name of the Co-ordinators/Signature of coordinators	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 
Signature of the HOD	 Head

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

Name of the Activity / Program: Yoga Orientation

Yoga is an ancient Indian discipline that integrates physical, mental, and spiritual practices to promote overall well-being. In the present academic scenario, first-year B.Tech students often experience academic pressure, lifestyle changes, and stress while transitioning into professional education. To address these challenges and to promote a healthy lifestyle among students, a **Yoga Orientation Programme** was organized for I B.Tech students on **07-08-2025**.

Objectives of the Programme

The main objectives of the Yoga Orientation Programme were:

- To introduce the concept and importance of yoga in daily life
- To improve physical fitness, flexibility, and posture among students
- To enhance concentration, mental clarity, and stress management
- To create awareness about the role of yoga in maintaining a balanced lifestyle
- To motivate students to practice yoga regularly

The session was led by the resource person **Sri K. V. S. K. Murthy**, who emphasized the importance of yoga for physical health, mental balance, and academic performance among engineering students. This was followed by a brief orientation session explaining the fundamentals of yoga, its origin, and its scientific significance.

A certified yoga instructor conducted a **practical demonstration** of basic yoga practices, including:

- **Loosening exercises** for warming up
- **Asanas** such as Tadasana, Vrikshasana, Bhujangasana, and Vajrasana
- **Pranayama techniques** like Anulom Vilom and Bhramari
- **Meditation and relaxation techniques**

Students actively participated in the session and followed the instructor with enthusiasm. Special emphasis was given to correct posture, breathing techniques, and safety measures.

A large number of I B.Tech students participated in the programme. The session was interactive, and students showed keen interest by asking questions related to stress management, concentration improvement, and time management through yoga practices.

The Yoga Orientation Programme successfully achieved its objectives. The key outcomes include:

- Increased awareness about the benefits of yoga among students
- Improved understanding of stress reduction and mental relaxation techniques

- Positive feedback from students regarding the usefulness of yoga
- Motivation among students to incorporate yoga into their daily routine

