



SUMATHI REDDY

INSTITUTE OF TECHNOLOGY FOR WOMEN

L e a r n i n g a t i t s b e s t

Affiliated to JNTUH - Approved by AICTE

No. SRITW/SKILLS/2019

Date: 17.12.2019

CIRCULAR

All the students are hereby informed that a one-day career guidance program on **Yoga and Meditation** will be organized on 21.12.2019. Interested students can enroll their names with the Co-Ordinator Mrs.T.Sruthi, Assistant Professor, Department of CSE.

For detailed information, you can refer brochure and program Schedule displayed on the notice board.

Venue: Seminar Hall.

Rijan
Principal

To be read in all class rooms

Copy to

1. All HOD's (CSE, ECE, EEE and H&SC)
2. Administrative Officer.
3. In-charge Exam Branch
4. All notice boards

Principal
Sumathi Reddy Institute of Technology for Women
Ananthasagar (V), Hasanparthy (M)
WARANGAL - 506 371 (TS)



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One day Career guidance program on **Yoga and Meditation** Organized by Department of CSE

Resource Person:

**Mr. LAXMI
NARAYANA**

Date:

21/12/2019

Time:

9:30am – 4:00pm

Venue:

Seminar Hall

Note:

**-No Registration
Fee.**



Key Points:

- Understanding Yoga and Meditation.
- Science and Benefits
- Types of Yoga and Meditation.
- Practical Yoga Session.
- Exploring Meditation.
- Guided Meditation Practice.
- Integrating Yoga and Meditation into - Careers.



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Program Schedule:

Date/Day	Session Time	Topic for Discussion	Speaker
21.12.2019	10:00am - 11:15am	Benefits of Yoga and Meditation. Understanding Yoga.	Mr.LAXMI NARAYANA
	11:15am – 11:30am	Break	
	11:30am – 12:30pm	Practical Yoga Session.	
	12:30pm - 1:30pm	LUNCH	
	1:30pm - 02:20pm	Exploring Meditation. Guided Meditation Practice.	Mr.LAXMI NARAYANA
	2:20pm – 3:00pm	Integrating Yoga and Meditation into Careers.	
	3:00pm -3:45pm	Creating a Balanced Lifestyle.	
	3:45pm – 4:00pm	Closing Remarks	

Resource Person Details: Mr. LaxmiNarayana, Yoga Master, Waranagal,Telangana.

narayana.laxmi2004@gmail.com



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REPORT OF THE PROGRAM



A one day career guidance program has been taken by Mr. LAXMI NARAYANA, Yoga Master, Warangal on 21.12.2019

Sympathy and empathy are both important aspects of emotional intelligence and interpersonal relationships. Here are some objectives for developing and practicing sympathy and empathy:
Outcomes:

1. Improve the ability to understand and connect with the emotions and experiences of others.
2. Foster a genuine concern and care for the well-being and feelings of others.
3. Develop the capacity to listen attentively without judgment or interruption, allowing others to express themselves freely.
4. Strive to see situations from the perspective of others, acknowledging that their feelings and experiences may be different from your own.

After completion of the program, the student should be able to

- Get Physical Health Benefits
- Mentally and Emotionally Well-being.
- Get Better Breathing and Lung Capacity.
- Benefit from Stress Reduction and Relaxation.
- Increased Mindfulness and Presence
- Improved Concentration and Focus.
- Enhanced Self-awareness
- Better Sleep



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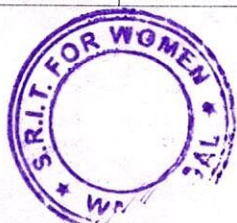
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LIST OF STUDENTS ENROLLED YOGA AND MEDITATION

ACY:2019-2020

DATE: 21-12-2019

S.NO	ROLL NUMBER	STUDENT NAME	SIGNATURE
1	166Y1A0589	SAMALA ANU	Anu
2	166Y1A0590	SANA AFREEN	Afreen
3	166Y1A0591	SANA FATIMA	Fathima
4	166Y1A0596	SUMAIYA NAZNEEN	Nazneen
5	166Y1A0597	SUNKARI CHANDANA	Chandana
6	166Y1A0598	TEJASWINI LINGAM	Tejaswini
7	166Y1A0599	TELI RAKHI	Rakhi
8	166Y1A05A0	THAGIREDDY KALYANI	Kalyani
9	166Y1A05A1	THALLAPANENI MARY	Mary
10	166Y1A05A4	VALUPUDASU TEJASWINI	Tejaswini
11	166Y1A05A5	VANGALA SUMANJALI	Sumanjali
12	166Y1A05A6	VARANGANTI SHRUTHI	Shruthi
13	166Y1A05A9	VEMULA HARSHITHA	Harshitha
14	166Y1A05B0	VENNAPUREDDY ANUSHA	Anusha
15	166Y1A05B2	VYANALA POOJA	Pooja
16	166Y1A05B4	YELLU PREETHI	Preethi
17	166Y1A05B5	ZOHRA PARVEEN	Parveen
18	166Y1A0443	MAHVISH KOUNAIN	Mahvish
19	166Y1A0444	MANGI PRAVALIKA	Pravalika
20	166Y1A0445	MANNE SATISH MADHURA	Madhura
21	166Y1A0446	MITTAPELLI SAHITHI	Sahithi
22	166Y1A0447	MOHAMMAD RUMANA	Rumana
23	166Y1A0448	MOOTHA SREEJA	Sreeja
24	166Y1A0450	MULA ROSHINI	Roshini
25	166Y1A0451	MULKALAPALLY SREEJA	Sreeja
26	166Y1A0452	MUNIGELA AKHILA	Akhila
27	166Y1A0454	NAGAMALLA VAISHNAVI	Vaishna
28	166Y1A0455	NAGAPURI HARINI	Harini
29	166Y1A0457	ONTELA ASHASREE	Ashasree
30	166Y1A0458	PASIKA MOUNIKA	Mounika
31	166Y1A0460	POGAKU RASAGNA	Rasagna
32	166Y1A0461	PULLURI CHANDANA	Chandana
33	166Y1A0462	PULLURI NANDINI	Nandini
34	166Y1A0465	RAVULA SAIPREETHI	Saipreethi
35	166Y1A0466	SADENENI KAVYA SRI	Kavya Sri
36	166Y1A0202	ANISHA AMBALA	Anisha
37	166Y1A0203	ANKARI RAJLAXMI PRABHAKAR	Rajlaxmi
38	166Y1A0204	BANOTH SWATHI	Swathi
39	166Y1A0207	CHILUVERU ANUSHA	Anusha
40	166Y1A0208	CHIRRA SRAVANI	Sravani
41	166Y1A0209	DADA SRAVANTHI	Sravanthi
42	166Y1A0210	DANDU ANUSHA	Anusha
43	166Y1A0212	GOPARAJU DHARANISRI	Sri



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44	166Y1A0215	KODIPAKA SAI SHIVANI	
45	166Y1A0216	LUNAVATH CHANDRIKA	Chacku
46	166Y1A0219	PITTALA SINDHU	Sindhu
47	166Y1A0220	POALU SRINIVAS	P. Srinivas
48	166Y1A0221	PULLA ACHYUTHA PATEL	Achyutha
49	166Y1A0222	SANAM SUNAINA	Sanam
50	166Y1A0224	VEERAMALLA MEGHANA	Megha
51	176Y1A0564	MOHIMUN SADAF KHALEEL	M. Sadaf
52	176Y1A0566	MUNEEZA TAQDEES	Taqees
53	176Y1A0569	PADIDALA UMA RANI	Uma Rani
54	176Y1A0570	PANJALA CHANDANA	P. Chandana
55	176Y1A0571	PANNATI TEJASWI	Tejaswi
56	176Y1A0572	PASHIKANTI AISHWARYA	Aishwarya
57	176Y1A0574	PERALA SUSHMA	Sushma
58	176Y1A0575	PILLALAMARRI PRAVALIKA	P. Pravalika
59	176Y1A0576	PINGILI SINDHUJA	Sindhuja
60	176Y1A0577	PINNA SAI PRAVALIKA	Sai Pravalika
61	176Y1A0578	PINNINTI SUSHMA SAI	Sushma Sai
62	176Y1A0579	POLINENI SUSMITHA	Susmitha
63	176Y1A0581	POOJARI SWETHA	Swetha
64	176Y1A0582	PULI PRAVALIKA	P. Pravalika
65	176Y1A0474	REMIDI HARSHITHA	Harshitha
66	176Y1A0475	ROKULA PRANEETHA	Praneetha
67	176Y1A0476	ROKULA SOWJANYA LAXMI	Sowjanya
68	176Y1A0477	SADHU SUSHMITHA	Sushmitha
69	176Y1A0478	SADU SRAVANI	Sravani
70	176Y1A0481	SATKURI SREEVARSHA	Sreevarsha
71	176Y1A0482	SHAISTHA SUMAYA	S. Sumaya
72	176Y1A0483	SIRIVOLU PRANATI	Pranati
73	176Y1A0484	SOOR ONIMA	Onima
74	176Y1A0486	SRI VENNELA ALLADURGAM	Vennela
75	176Y1A0489	TAMKINATH FATHIMA	Fathima
76	176Y1A0490	THIPPANI KAVYA	T. Kavya
77	176Y1A0493	YADAGIRI ANJALI	Anjali
78	176Y1A0497	YERABATI ABHIGNA	Y. Abhigna
79	186Y5A0202	ENJAPURI SUSHMA	Sushma
80	186Y5A0205	GONDA JHANSI	Jhansi
81	186Y5A0207	GUJJU SYMFHONY	Symphony
82	186Y5A0208	JALA RAMYA	Ramy a
83	186Y5A0209	JARPULA KALYANI	J. Kalyani
84	186Y5A0210	KANUKUNTLA PRAVALIKA	K. Pravalika
85	186Y5A0211	KONDA GEETHA	Geetha
86	186Y5A0214	SRAVANI SADDU	S. Sravani
87	186Y5A0216	SINGARAPU MANEESHA	maneesha
88	176Y1A0402	ACHA MADHAVI	Madhy
89	186Y1A0583	PINNINTI BINDU SRI	Bindu Sri
90	186Y1A0584	PINNINTI RASAGNA	R. Rasagna
91	186Y1A0585	POGAKU RITHIMA	Rithi
92	186Y1A0588	PULI THRIVENI	P. Thriveni
93	186Y1A0589	RABIA BASRI	Basri
94	186Y1A0590	RACHAKONDA RAJESHWARI	Rajeswari
95	186Y1A0591	RACHAMALLA SANDHYA	R. Sandhya
96	186Y1A0593	RAMYASRI ADAMA	Ramyasri
97	186Y1A0595	RAVVA NIKITHA	



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98	186Y1A0596	RAZEENA ZUYA	Zuya
99	186Y1A0597	RUDROJU AKSHAYA	Akhya
100	186Y1A0598	SABAHATH SAMREEN	samreen
101	186Y1A0599	SAINDLA SHIVANI	Shiva
102	186Y1A05A1	SHAIK SONI	Soni
103	186Y1A05A2	SHAVALLA SHIREESHA	Shireesha
104	186Y1A05A3	SIRAPURAPU MANASA	Manasa
105	186Y1A05A4	SOLLETI VAISHNAVI	Vaishy
106	186Y1A05A6	SUPRIYA GANDE	Supriya
107	186Y1A05B0	THOTA NIKITHA	Nikitha
108	186Y1A05B3	UDUTHA DIVYA	Divya
109	186Y1A05B4	UTNOORI NITHYA SRI	Nithya
110	186Y1A05B5	VEDA SRESHTA MADAVA PEDDI	Veda
111	186Y1A05B6	VENGALA VYSHNAVI	Vyshnavi
112	186Y1A0485	SANGALA PRAJWALA	Prajwala
113	186Y1A0486	SANKATI SRAVANI	Sravani
114	186Y1A0488	SUMAYYA	Suma
115	186Y1A0489	SUNKARI SINDHUJA	Sindhuja
116	186Y1A0490	SURYANENI SRAVANI	Sravani
117	186Y1A0491	SYEDA ARSHEEN FATHIMA	Fathima
118	186Y1A0494	THAKUR NAMRATHA	Namratha
119	186Y1A0495	THALLAPPELLY SRILEKHA	Srilekha
120	186Y1A0496	THIPPANI SWEETY	Sweety
121	186Y1A0498	THOTA SUSMITHA	Susmitha
122	186Y1A0499	VALASA SRAVANTHI	Sravanthi
123	186Y1A04A0	VANAPARTHY RAMYA SREE	Ramyasree
124	186Y1A04A1	VANGALA RISHIKA SANJANA	Sanjana
125	186Y1A04A2	VANGARI CHANDANA PRIYA	Chandana Priya
126	186Y1A04A3	VANGARI HIMAJA	Hima
127	186Y1A04A5	VARNA THIRUMALA	Thirumala
128	186Y1A04A7	VENNAMANENI DEEKSHITHA	Deekshitha
129	186Y1A04A8	VOBILISHETTY ANUSHA	Anusha
130	196Y5A0206	CHILUPURI SOUMYA	Soumya
131	196Y5A0207	CHIRRA LAVANYA	Lavanya
132	196Y5A0208	DAMERUPPULA NIKHITHA	Nikhitha
133	196Y5A0209	DHARA GNANITHA	Gnanitha
134	196Y5A0210	EDDE APARNA	Aparna
135	196Y5A0212	GUNDABOINA RAMYA	Ramyasree
136	196Y5A0213	JUKANTI GEERVANI	Geervani
137	196Y5A0216	KURAPATI KEERTHANA	Keerthana
138	196Y5A0220	NUNAVATH LAVANYA	Lavanya
139	196Y5A0221	PASARAGONDA MALAVIKA	Malavika
140	196Y5A0222	PENDEM SADWIKA	Sadwika
141	196Y5A0223	SIRISILLA SHRAVANI	Shravani
142	196Y5A0224	THANGELLAPELLY NAVYA	Navya
143	196Y5A0225	THOLEM DIVYA	Divya

Smith
Coordinator



Rajan

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FEEDBACK FORM

Name of the Program <u>YOGA and Meditation</u>					
Branch: <u>CSE.</u>			Date: <u>21/12/19</u>		
Name of the Student: <u>Samala Anu</u>			H.T. No. <u>166Y1A0589</u>		
S. No	Item	Excellent	Very good	Good	Poor
1	Is the lecture/hands-on training well organized?	✓			
2	Whether it is relevant to the curriculum?	✓			
3	Proficiency of the expert and delivery	✓			
4	Response to queries by resource person	✓			
5	Any suggestion/improvement (related to Industry scenario and others if any)	✓			

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Comments(if any)

It is good

Anu
Student's Signature



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FEEDBACK FORM

Name of the Program <u>YOGA AND MEDITATION</u>					
Branch: <u>ECE</u>			Date: <u>21/12/19</u>		
Name of the Student: <u>Malvish Kounain</u>			H.T. No. <u>166Y1A0443</u>		
S. No	Item	Excellent	Very good	Good	Poor
1	Is the lecture/hands-on training well organized?	✓			
2	Whether it is relevant to the curriculum?	✓			
3	Proficiency of the expert and delivery	✓			
4	Response to queries by resource person	✓			
5	Any suggestion/improvement (related to Industry scenario and others if any)	✓			

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Comments(if any)

It is good

Malvish
Student's Signature