



MIT S

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(Deemed to be University under section 3 of UGC Act, 1956)

PERMISSION LETTER

11-10-2025,

Madanapalle.

To,

The Registrar,

MIT S,

Angallu.

From

The Yoga & Meditation Club,

MIT S,

Angallu.

Respected sir,

Sub: Seeking permission to conduct an event behalf of Yoga & meditation Club.

We are from Yoga & meditation club, as we are going to conduct ASTRAL SAPCE ACCOMPLISHMENT-I event, Related to yoga on (Wednesday) 15-10-2025.

(3:00pm – 5:00pm).

So kindly provide permission to conduct the event.

We hope to get a positive response from your side sir.

Thanking you sir

Permitted
15/10/25

Yours Sincerely,
K. Med
Yoga & Meditation Club.



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**MADANAPALLE INSTITUTE OF
TECHNOLOGY & SCIENCE**
DEEMED TO BE UNIVERSITY
(Declared Under section 3 of UGC Act, 1956 by Govt. of India - MoE)



Report on

ASTRAL SPACE ACCOMPLISHMENT - I

Organized by

YOGA & MEDITATION CLUB

On Wednesday , 15th October 2025

Organized & submitted by : Mr. K Manju Vikram , Assistant physical director

Student Coordinator : Mr. S Leela Narasimha Venkat

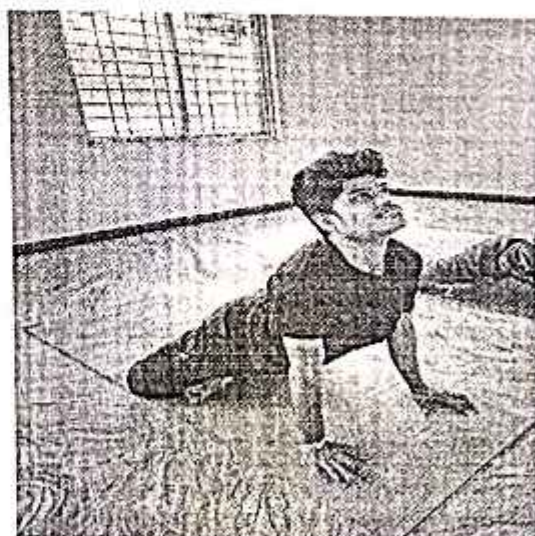
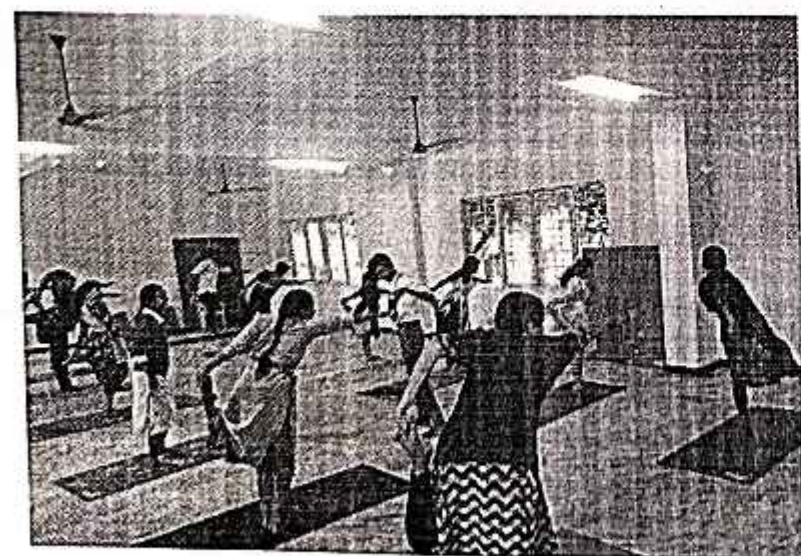
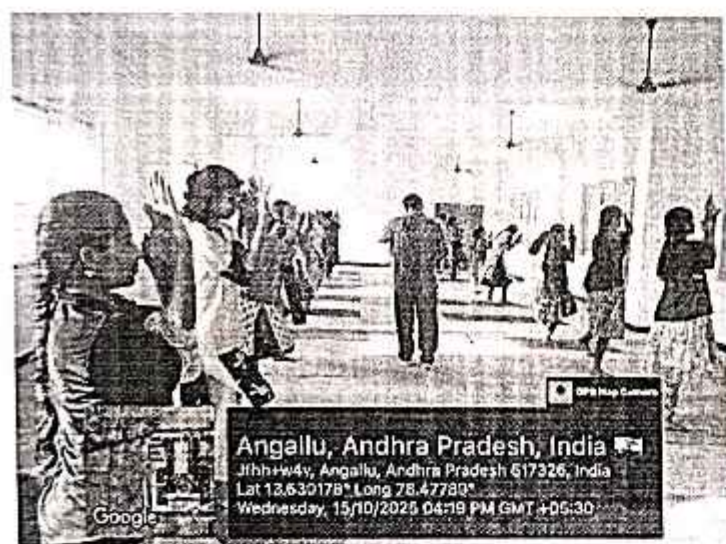
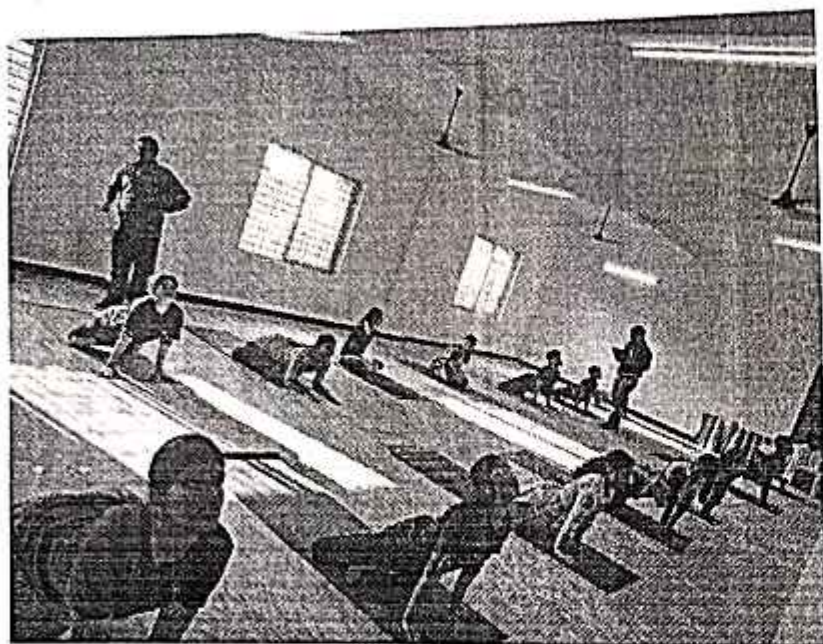
Participants : I , II , III Year B.Tech & MBA Students

Attendance : 31 Participants (Internal)

Venue: Vinayaka Block , MITS

Time: 3:00pm to 5:00pm

Mode of Conduct: Offline





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Madanapalle - 517325, Annamayya Dist., Andhra Pradesh



ASTRAL SPACE ACCOMPLISHMENT - I

By

MITS YOGA & MEDITATION CLUB

Under SAC (Student Activity Center)



15 October 2025



3.00 PM to 5.00 PM



Department of Physical Education
& Sports, Vinayaka Block

Contact us: ymc.official2106@gmail.com

Winner's will be awarded with 1st, 2nd, 3rd, Prizes

Participation certificate will be provided.

DRESS CODE: Collar T-Shirts Mandatory

Registrations



For more details contact:

Narasimha : 9305695086

Deepthi : 9032095684

Chief Patron

Dr. N. Vijaya Bhaskar Choudary
Founder & Chancellor

Patrons

Mrs. Keerthi Nadella
Executive Director

Shri N. Dwarakanath
Pro-Chancellor

Program Chair

Dr. C. Yuvaraj
Vice Chancellor

SAC Coordinator

Dr. G. Reddy Hemantha
Asst. Professor / ECE

SAC Co-Coordinator

Mr. V. Naveen, AP/CST
Mr. B.S.H Shayoos Ahmed, AP/AI&ML

Faculty Coordinator

Mr. K. Manju Vikram
Yoga & Meditation Club
Coordinator

Student Coordinators

Mrs. S. Leela Narasimha Venkat,
II ECE-B

www.mits.ac.in

The MITS Yoga Club has organized "ASTRAL SPACE ACCOMPLISHMENT – I" as a wellness and fitness event for the Academic Year 2025–26 on 15 October from 3:00 pm to 5:00pm under the banner of the MITS Student Activity Center (SAC). The event aimed to promote physical fitness, mental balance, and overall well-being among students through yoga-based competitive rounds.

The programme started with a warm welcome to all dignitaries, judges, and participants. Students from various departments actively took part, showcasing their interest, enthusiasm, and discipline toward yoga. The event consisted of three rounds, each designed to test the flexibility, concentration, balance, and posture accuracy of the contestants. Every round revealed impressive performances, highlighting the dedication and mental focus of the participants.

The competition was judged by Dr. C. Damodharan, Physical Director, Mr. K. Manju Vikram, Assistant Physical Director, and Dr. G. Reddy Hemantha, SAC Coordinator. They evaluated the participants based on posture accuracy, presentation, flexibility, and overall performance. Their impartial assessment and motivating feedback inspired all the students to perform their best.

Prize Categories :

1. Undergraduate (UG) Category

Students under the UG category performed various yoga postures showcasing balance, concentration, and flexibility. After a closely contested performance:

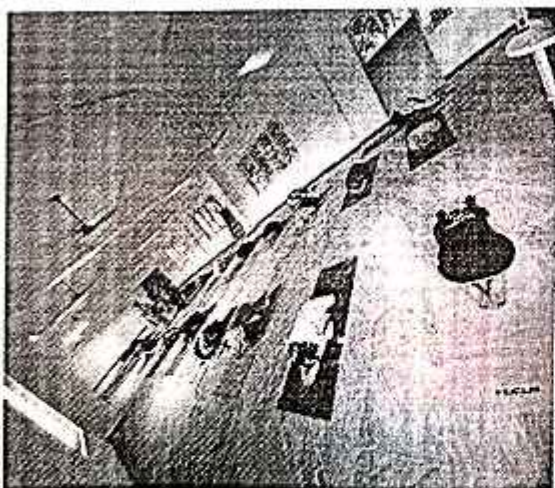
- 1st Prize – L . Hemalatha
- 2nd Prize – C . Lokesh Kumar
- 3rd Prize – K . Veera Sindhu

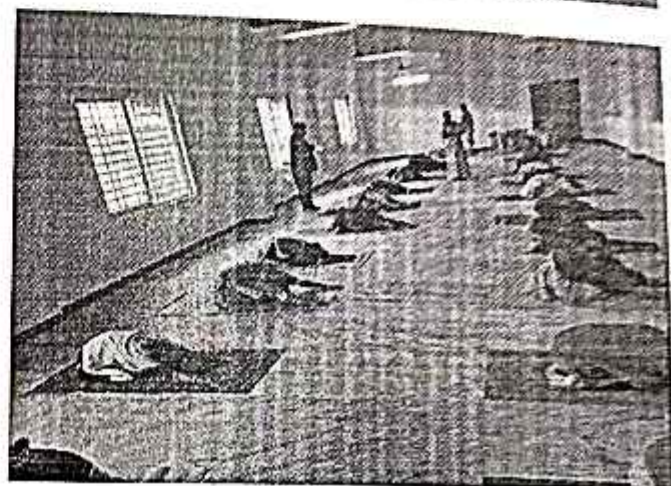
2. Postgraduate (PG) Category

Participants from the PG category performed with commendable stability and posture precision.

- 1st Prize – C . Pavani

The event concluded successfully with appreciation from the judges and the audience. The programme promoted the significance of yoga in leading a healthy lifestyle, reducing stress, and enhancing mental peace. Overall, the competition was inspiring, motivating students to adopt yoga as an integral part of their daily lives.





Roll No	Name	Branch	Year	Signature
24691E00G5	L. Pavan	MBA	2nd	L. Pavan
24691A0407	K. Veera Sridhar	ECE	2nd	Sein
24691A05N7	M. Keerthi	CSE	2nd	Keerthi
24691A04R5	M. Swetha	ECE	2nd	M. Swetha
24691A3190	V. Haranitha	CAI	2nd	V. Haranitha
24691A04N6	SK. Saniya Thysa	ECE	2nd	SK. Thysa
24691A0505	E. Kuthika	CSE	2nd	Kuthika
24691A3189	P. Girano Prasanna	CAI	2nd	Girano Prasanna
24691A05BR	C. Poova Sree	CSE	2nd	C. Poova Sree
24691A05GG	M. Sravana Sai	CSE	2nd	M. Sai
23691A04D1	G. Maheswar	ECE	3rd	G. Maheswar
23691A04C3	C. Lokesh Kumar	ECE	3rd	C. Lokesh Kumar
23691A0489	M. Karishma	ECE	3rd	Karishma
23691A0485	P. Jhansi	ECE	3rd	Jhansi
24691A31A2	R. Thygalani	CAI	2nd	Thygalani
23691A0436	M. Kedana	ECE	3rd	M. Kedana
24691A05P1	U. Lakshmi Prasanna	CSE	2nd	U. Lakshmi Prasanna
23691A0471	M. Hema Bhavathi	ECE	3rd	M. Hema Bhavathi
25MRA09205	Sai Phani Charan SM	CSM	Ist	Sai Phani Charan SM
23691A0472	V. H. Hemagiri	ECE	3rd	V. H. Hemagiri
24691A3240	S. V. Deepika Devi	CSD	II nd	S. V. Deepika Devi
24691A32A0	K. Toshna Rani	CSD	II nd	Toshna
23691A3241	L. Hemalatha	CSD	III nd	Hemalatha

OUTCOMES:

1. Students gained awareness about the importance of yoga for maintaining physical and mental health.
2. Participants developed better concentration, flexibility, and body balance.
3. The competition helped in reducing stress and promoting mindfulness among students.
4. It encouraged regular yoga practice as part of a healthy lifestyle.
5. Students understood the cultural and spiritual value of yoga in daily life.
6. The program inspired others to participate in future yoga-related activities.
7. Overall, the competition contributed to the promotion of wellness through yoga practice.



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Report on

Global Calm Meditation Day

Organized by

YOGA & MEDITATION CLUB

On Monday , 22 December 2025

Organized & submitted by : Mr. K Manju Vikram ,Assistant physical director

Student Coordinator : Mr. S Leela Narasimha Venkat

Participants : I , II , III Year B.Tech

Attendance : 31 Participants (Internal)

Venue: Vinayaka Block , MITS

Time: 5:00pm to 6:00pm

Mode of Conduct: Offline



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Madanapalle - 517325, Annamayya Dist., Andhra Pradesh



Global Calm: Meditation Day Special
By
MITS YOGA & MEDITATION CLUB
Under SAC (Student Activity Center)



22 December 2025

5.00 PM to 6.00 PM

Department of Physical Education
& Sports, Vinayaka Block

Contact us: ymc.official2106@gmail.com



Participation certificate will be provided.
DRESS CODE: Collar T-Shirts Mandatory

Registrations



For more details contact:
Narasimha: 6305696086
Deepthi: 9032095884

Contact us : ymc.official200@gmail.com			
Dr. C. S. Chaitanya Kumar, Y. Narasimha Murthy			
Chief Patron Dr. N. Vijaya Bhaskar Choudary Founder & Chancellor	Patrons Mrs. Keerthi Nadella Executive Director	Program Chair Dr. C. Yuvaraj Vice Chancellor	
SAC Coordinator Dr. G. Reddy Hemantha Asst. Professor / ECE	SAC Co-Coordination Mr. V. Naveen, AP/CST Mr. B.S.H Shayeez Ahmed, AP/AI&ML	Faculty Coordinator Mr.K.Manju Vikram Yoga & Meditation Club Coordinator	Student Coordinators Mr.S. Leela Narasimha Venkat , III ECE-B
www.mits.ac.in			

The MITS Yoga Club organized "Global Calm Meditation Day" as a wellness and mindfulness event for the Academic Year 2025-26 on 22 December from 5:00 PM to 6:00 PM, under the banner of the MITS Student Activity Center (SAC). The event was conducted with the objective of promoting inner peace, mental relaxation, emotional balance, and stress reduction among students through guided meditation practices.

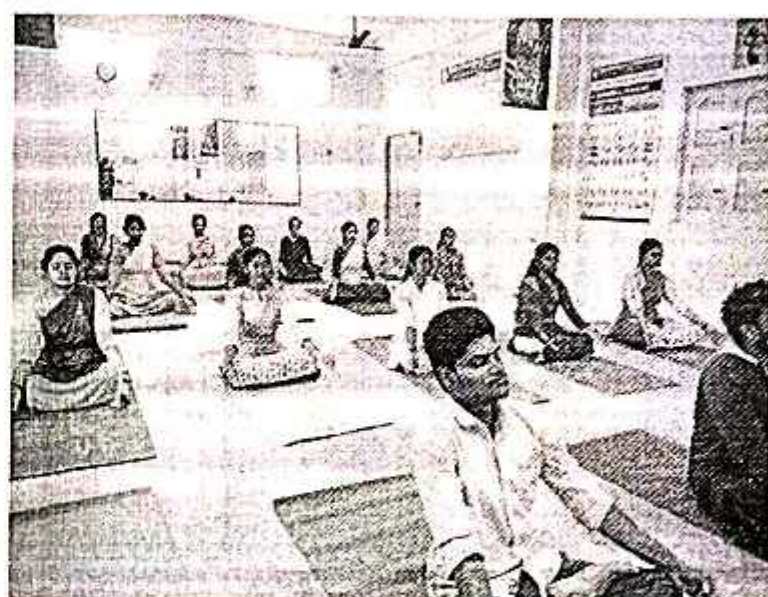
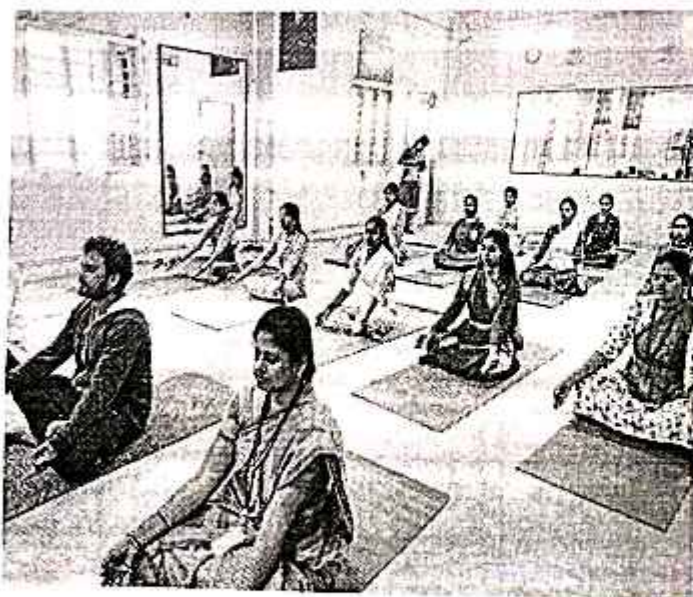
The program commenced with a warm welcome to the dignitaries, faculty members, and participants. Students from various departments actively participated in the session, demonstrating keen interest and enthusiasm toward meditation and mental well-being. The event focused on creating a calm and peaceful environment, allowing participants to disconnect from daily stress and reconnect with their inner selves.

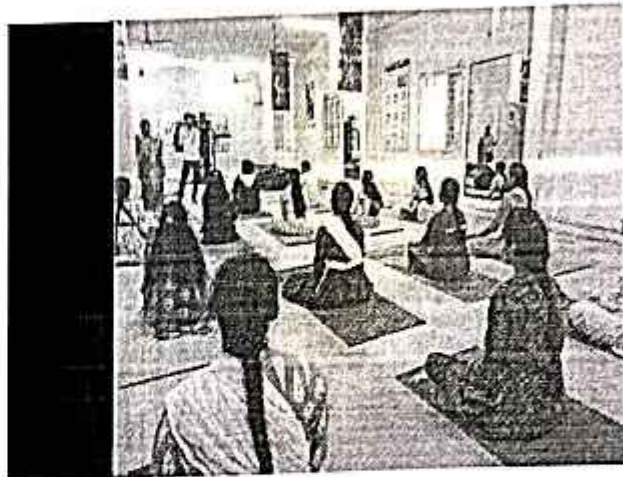
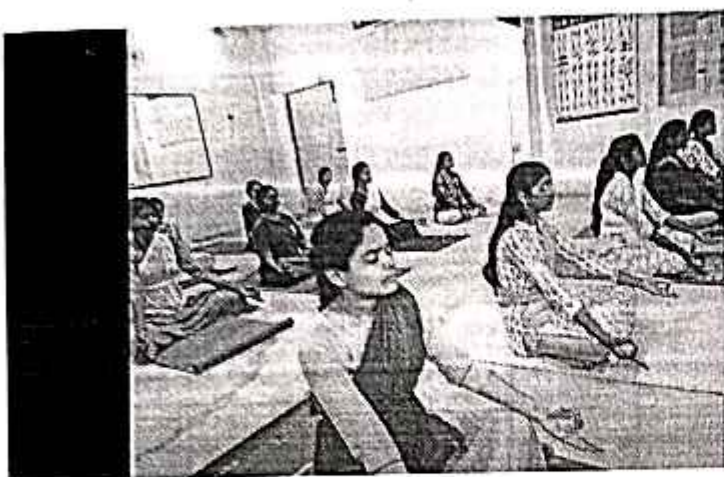
The meditation session included guided breathing techniques, mindfulness practices, and moments of silent meditation aimed at enhancing concentration, emotional stability, and mental clarity. The calm ambience and structured guidance helped students experience deep relaxation and mental awareness. Participants remained fully engaged throughout the session, reflecting discipline and sincerity.

The program was guided and supervised by experienced yoga and meditation instructors, with the support of the SAC Coordinator and faculty members. Their guidance and encouraging

words motivated students to understand the importance of meditation in managing stress, improving focus, and maintaining emotional well-being.

The event concluded successfully with positive feedback from both participants and faculty. Students expressed a sense of calmness, relaxation, and renewed energy after the session. The program highlighted the significance of meditation in leading a balanced and healthy lifestyle. Overall, **Global Calm Meditation Day** was a meaningful and enriching experience, inspiring students to incorporate meditation into their daily routine for long-term mental peace and well-being.

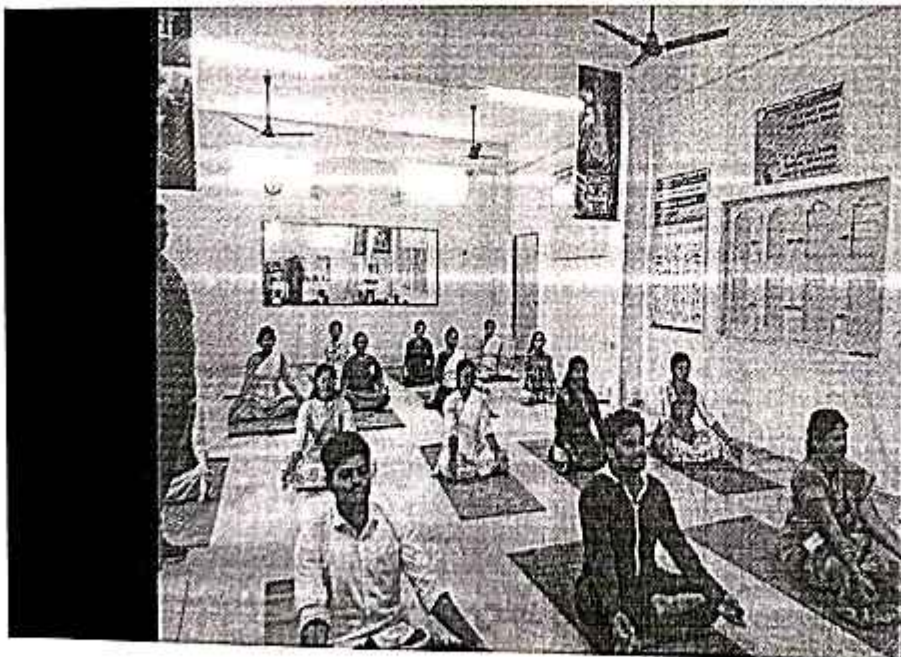




 X Location
 JFH+WWV, Kurabala Kota, scattered clouds
 Andhra Pradesh 517326, India 21.0 °C
 22 Dec 2025 05:35 pm



 X Location
 JFH+WWV, Kurabala Kota, scattered clouds
 Andhra Pradesh 517326, India 21.0 °C
 22 Dec 2025 05:35 pm



 X Location
 JFH+WWV, Kurabala Kota, broken clouds
 Andhra Pradesh 517326, India 21.0 °C
 22 Dec 2025 05:30 pm

Rd# NO	Name	Branch	Year	Signature
24691E00G5	L. Pavani	MBA	2nd	L. Pavani
24691A04U7	K. Veera Sandhu	ECE	2nd	Veera
24691A05N4	N. Keerthi	CSE	2nd	Keerthi
24691A04R5	M. Swetha	ECE	2nd	M. Swetha
24691A3190	Y. Han hithe	CAI	2nd	Y. Han hithe
24691A04N6	Sk. Sanjya Thyra	ECE	2nd	SKTH
24691A05O5	E. Kuthika	CSE	2nd	Kuthika
24691A3189	P. Anand Prasanma	CAI	2nd	Anand Prasanma
24691A05BR	C. Poova Sree	CSE	2nd	C. Poova Sree
24691A05GG	M. Sravana Sai	CSE	2nd	M. Sai
23691A04D1	Gr. Maheswar	ECE	3rd	Gr. Maheswar
23691A04C3	C. Lokesh Kumar	ECE	3rd	C. Lokesh Kumar
23691A0489	N. Kalishkma	ECE	3rd	N. Kalishkma
23691A0485	P. Jhansi	ECE	3rd	Jhansi
24691A31A2	R. Thyulani	CAI	2nd	Thyulani
23691A04G6	M. Kedane	ECE	3rd	M. Kedane
24691A05P1	U. Lakshmi Prasanna	CSE	2nd	U. Lakshmi Prasanna
23691A0471	M. Hema Bhavathi	ECE	3rd	M. Hema Bhavathi
25MRA09205	Sai Phani charan SM	CSM	Ist	Sai Phani charan SM
22691A0472	V.H. Hemagiri	ECE	3rd	V.H. Hemagiri
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24691A32A0	K. Jashna Rani	CSD	II nd	Jashna
23691A3241	L. Hemalatha	CSD	III nd	Hemalatha

Outcomes of Global Calm Meditation Day

- ◆ The programme helped students experience **mental calmness and inner peace**, reducing stress and anxiety levels.
- ◆ Participants developed better **concentration, mindfulness, and emotional balance** through guided meditation practices.
- ◆ The event created awareness about the **importance of meditation** in maintaining mental and emotional well-being.
- ◆ Students felt **relaxed, refreshed, and mentally energized** after the session.
- ◆ The programme encouraged students to **adopt meditation as a daily habit** for leading a healthy and balanced lifestyle.
- ◆ It promoted a **positive and peaceful environment** within the campus, strengthening overall student well-being.



MITs

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(Deemed to be University under section 3 of UGC Act, 1956)

PERMISSION LETTER

27-02-2026,

Madanapalle.

To,

The Registrar,

MITs,

Angallu.

From

The Yoga & Meditation Club,

MITs,

Angallu.

Respected sir,

Sub: Seeking permission to conduct an event behalf of Yoga & meditation Club.

We are from Yoga & meditation club, as we are going to conduct AWARENESS ON YOGA & MEDITATION event, Related to yoga on (Friday) 27-02-2026.

(3:00pm – 4:30pm).

So kindly provide permission to conduct the event.

We hope to get a positive response from your side sir.

Thanking you sir

[NOTE :- NO Budget required for this event]

Yours Sincerely,

Yoga & Meditation Club.

S. LEEA NARASIMHA VENKAT

23691A04B9

CK. MANJUNATHAN P.D.

Respected Sir,

Kindly grant us permission
to organize the said above
event.

G. R. Srinivasan

Permitted
27/2/26



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Report on
Awareness on YOGA & MEDITATION
BY
MITS YOGA & MEDITATION CLUB

Organized & submitted by : Mr. K Manju Vikram ,Assistant physical director

Student Coordinator : Mr. S Leela Narasimha Venkat

Participants : I , II , III Year B.Tech

Attendance : 45 Participants (Internal)

Venue: Lakshmi block (east block) , LB – 011

Time: 3:00pm to 4:30pm

Mode of Conduct: Offline

PARTICIPANTS LIST

Γ 24691A04C5	23691a3241	24691A04B9
24691A04R2	24691A32A0	25695A0412
24691A04R0	24691A32C7	24691A04C5
24691A3240	24691A32A1	25695A0411
24681A04R3	24691A05N5	25695A0408
25695A0408	24691A05N4	24691A0495
24691A3237	24691A05P9	24691A04R1
25695A0433	24691A32D2	24691A04U7
24691A04U0	24691A05L2	24691A04W9
24691A04U4	25695A0410	24691A3219
24691a0499	24691A05K8	24691A04A0
24691A04U4	24691A05O7	
25695A3203	24691a05n3	
24691A0496	24691A05P7	
24691A0496	25695A0411	
24691A0468	24691A04C6	
24691A05O9	25695A0414	



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Madanapalle - 517325, Annamayya Dist., Andhra Pradesh



Awareness on YOGA & MEDITATION

By

MITS YOGA & MEDITATION CLUB
Under SAC (Student Activity Center)



27 February 2026



3:00 PM to 4:30 PM



LB-011
LAKSHMI BLOCK (EAST BLOCK)



Participation certificate will be provided.
Contact us: ymc.official2106@gmail.com

Registrations



For more details contact:
Narasimha : 8305698086
Deepthi : 9032095684

Chief Patron

Dr. N. Vijaya Bhaskar Choudary
Founder & Chancellor

Patrons

Mrs. Keerthi Nadella
Executive Director

Shri N. Dwarakanath
Pro - Chancellor

Program Chair

Dr. C. Yuvaraj
Vice Chancellor

SAC Coordinator

Dr. G. Reddy Hemantha
Asst. Professor / ECE

SAC Co-Coordination

Mr. V. Naveen, AP/CST
Mr. B.S.H. Shayeez Ahmed, AP/AI&ML

Faculty Coordinator

Mr. K. Manju Vikram
Yoga & Meditation Club
Coordinator

Student Coordinators

Mr. S. Leela Narasimha Venkat,
Ms. L. HEMALATHA

www.mits.ac.in

The Yoga and Meditation Awareness Event was organized by the MITS Yoga and Meditation Club under the guidance of the Student Activity Center (SAC) on 27th February 2026, from 3:00 PM to 4:30 PM. The event aimed to spread awareness among students about the significance of yoga and meditation in maintaining physical health, mental clarity, and emotional stability.

In today's fast-paced academic environment, students often experience stress, anxiety, and lack of concentration. Understanding this growing concern, the MITS Yoga and Meditation Club took the initiative to conduct this awareness program to educate students about the benefits of incorporating yoga and meditation into their daily routine. The event focused on highlighting how simple yogic practices can improve flexibility, posture, breathing efficiency, and overall well-being, while meditation enhances concentration, memory, and inner peace.

The event was graced by the presence of the respected Chief Guests, SAC Coordinator Dr. G. Reddy Hematha Ma'am and Faculty Coordinator Mr. K. Manju Vikram Sir. The program began with a warm welcome to the dignitaries, followed by the lighting of the lamp. Dr. Hematha Ma'am addressed the gathering and emphasized the importance of maintaining a balance between physical health and academic responsibilities. She spoke about how yoga is not merely a physical exercise but a holistic practice that connects the body, mind, and soul. She encouraged students to cultivate healthy habits through regular yoga practice to lead a disciplined and stress-free life.

Mr. Manju Vikram Sir also delivered an inspiring speech highlighting the role of meditation in enhancing focus and decision-making skills. He explained that meditation helps in reducing negative thoughts, improving emotional control, and developing self-awareness. He motivated students to dedicate at least a few minutes every day to meditation for better mental health and academic performance.



The event was effectively coordinated by the student coordinators, **Mr. S. Leela Narasimha Venkat** and **Ms. L. Hemalatha**, whose planning and teamwork ensured the smooth conduct of the program. Their efforts in organizing the event, managing the participants, and coordinating with the faculty members were highly appreciated.

Approximately **45 students** from various departments actively participated in the event. The enthusiastic participation of students reflected their interest in learning about healthy lifestyle practices.

During the session, members of the Yoga and Meditation Club demonstrated various yoga asanas along with their benefits and precautions. The demonstrations included basic standing, sitting, and relaxation postures that are easy to practice daily. The importance of proper breathing techniques (Pranayama) such as deep breathing exercises was also explained in detail. The trainers provided step-by-step instructions to ensure that students understood the correct posture and breathing patterns.

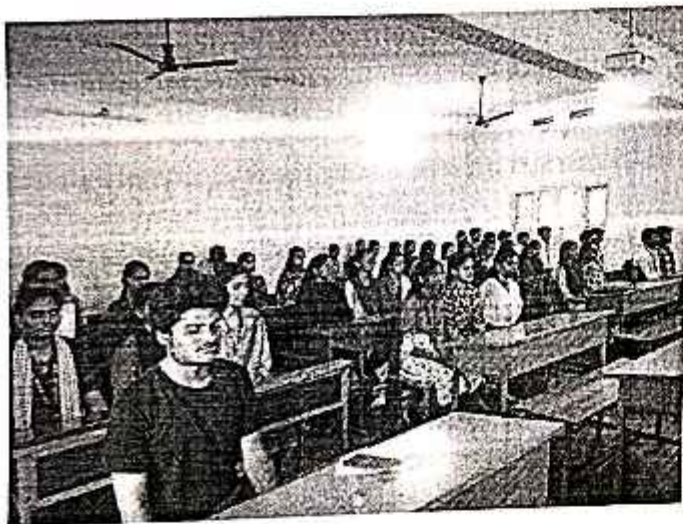
Following the yoga session, a guided meditation session was conducted. Students were asked to sit comfortably, close their eyes, and focus on their breathing. The calm and peaceful environment helped students experience relaxation and mental clarity. Many participants shared that they felt refreshed and stress-free after the session.

The event successfully achieved its objective of spreading awareness about yoga and meditation. Students gained practical knowledge about maintaining physical fitness and mental balance. The interactive nature of the program encouraged students to ask questions and clarify their doubts regarding regular practice and precautions.

The program concluded with a vote of thanks, expressing sincere gratitude to the Chief Guests, Faculty Coordinator, student coordinators, and all participants for their valuable presence and cooperation. The organizers also thanked the Student Activity Center (SAC) for providing support and encouragement for conducting such meaningful activities.

Event outcomes:

Overall, the Yoga and Meditation Awareness Event was informative, inspiring, and impactful. It reinforced the importance of adopting yoga and meditation as part of daily life for achieving holistic development. The event not only created awareness but also motivated students to take a step towards a healthier and more mindful lifestyle.







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Report on
YOGA FOR BEGINNERS
BY
MITS YOGA & MEDITATION CLUB



MITS
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MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
DEEMED TO BE UNIVERSITY (Declared Under section 3 of UGC Act, 1956 by Govt. of India - MHRD)
Madanapalle - 517325, Annapurna Dist., Andhra Pradesh



YOGA FOR BEGINNERS
By
MITS YOGA & MEDITATION CLUB
Under SAC (Student Activity Center)



Contact us : ymc_official2108@gmail.com



11 March 2026



3:00 PM to 4:30 PM



ANNAPURNA BLOCK
(COLLEGE MESS)



YOGA

Registrations



For more details contact:
Narasimha : 9308899088
Deepthi : 9032085884

Participation certificate will be provided.

DRESS CODE : Collar T-Shirts Mandatory

Chief Patron

Dr. N. Vijaya Bhaskar Choudary

Founder & Chancellor

SAC Coordinator

Dr. G. Reddy Hemanth

Asst. Professor / ECE

Patrons

Mrs. Keerthi Nadella

Asst. Director

SAC Co-ordinators

Mr. V. Navon, AP/CST

Mr. B.S.H. Shyamala Anand, AP/AIGM

Shri N. Ewarakanath

Prof. - Chemistry

Faculty Coordinator

Mr. Manju Vikram

Yoga & Meditation Club

Coordinator

Program Chair

Dr. C. Yuvaraj

Yoga Coordinator

Student Coordinators

Mrs. Leela Narasimha Vankat

BSL HEMALATHA

www.mits.ac.in

DATE : 11/03/2026

TIME : 3:00PM TO 4:30PM

VENUE : Annapurna block

SAC COORDINATOR : Dr. G. Reddy Hemantha

FACULTY COORDINATOR : Mr. K. Manju Vikram

PERMISSION LETTER

MIT S

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(Deemed to be University under section 3 of UGC Act, 1956)

Permission Letter

11-03-2026.
Angallu.

To,
The All HODs,
MIT S,
Angallu.
From
The Yoga & Meditation Club,
MIT S,
Angallu.

Sub: Permission to Provide Attendance for Students for the active participation in
YOGA FOR BEGINNERS Event.

Respected sir/madam,

We are from Yoga & meditation club (YMC) as We are conducting the Program on "YOGA
FOR BEGINNERS", organized by the YMC.

We kindly request your permission to provide attendance to the students who are participating
in or attending the program during the event hours.

We assure you that the students will return to their respective classes immediately after the
program.

Thanking you for your support and consideration.

Yours sincerely,
Yoga & Meditation Club,
Student Coordinator
S Leela Narasimha Venkat

S. L. Narasimha Venkat
11-03-26
Yoga Faculty Co-Ordinator

*Respected Sir/Madam
Kindly consider and provide
attendance.
S. L. Narasimha Venkat*

PARTICIPANTS LIST

NAME	ROLL NO	DEPARTMENT
C Lokesh Kumar	23691A04C3	ECE
SOMISETTY DEEPIKA	24691a3240	CSE-DATASCIENCE
GUNALA LAHARI	24691A05O7	CSE
BADIGINCHALA JASWANTH	23691A0481	ECE
Jyothi avula	24691A05M2	Cse
S. Jahn timer	24691A05J9	CSE
M LAVANYA	24691A05P7	CSE-D
K. Jaswathi	24691A05L0	CSE
K. Veera Sindhu	24691A04U7	Electronics and communication engineering
B Kalpana	24691A05M3	CSE -second year
Manchuru keerthi	24691A05N6	CSE-D
K Janaki Devi	24691A05K1	CSE
Y.Jahn timer	24691A05K0	CSE
Valluru Keerthana	24691A05N5	Cse
G jayakeerthana	24691A05L2	CSE-D
MUPPIREDDY KEERTHI	24691A05N7	CSE-D
E Kruthika	24691A05O5	CSE
LAKKIREDDY HEMALATHA	23691a3241	Cse-ds
T.Leelanchana	24691A05P9	CSE
Pasam Gnana Prasanna	24691A3189	CSE(Artificial Intelligence)

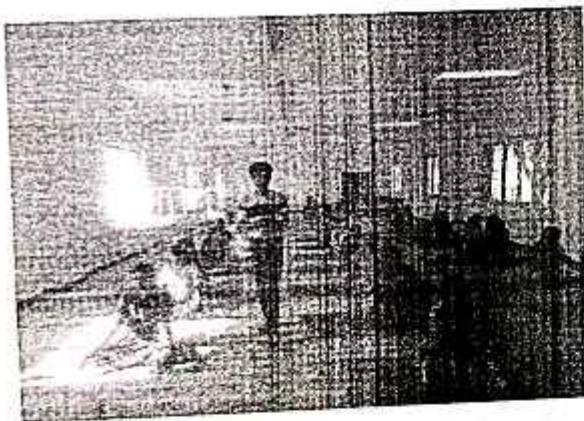
Jyothi	24691a32a1	Data science
Sareddy Vanaja	24691A04U3	Ece
D.khyathi	24691a32b3	CSD data science
Lakshmi Prasanthi.Anem	24691a32c8	CSE-DS
Krishnakanthi greshmani	25695A0518	CSE
G KISHORE	25695A0524	CSE
CHALLA MANJUNATHA REDDY	24691A05T7	Computer science and engineering
Muli Tejasree	24691A04R8	Ece
CHALAMCHERLA SANTHOSH	24691A05EV	CSE
V.Shasidhar	24691A05FR	CSE
G.yakshini	24691A04W2	ECE
KAMBHAM KARTHEEK REDDY	23691A3325	CSE-AI&ML
B.Lokesh	24691A05Q6	CSE
Y sayed basha	24691A05FF	CSE
UTTAPAI MAHENDRA KUMAR	25695A0529	CSE - 2YEAR
K.Lakshmi Pranathi	24691A32C7	CSD
K.Joshna Rani	24691a32a0	CSD
T.Lohitha	24691a32d2	CSD
B.saranya	24691A05FA	Cse-H
BANDI SIVA CHARAN	24691A05FU	CSE-H
Sai Latha	24691a05dz	Cse
U.Lakshmi Prasanna	24601A05P1	CSE

Khanam Sayeema Kousar	24691A04O1	Electronics and Communication Engineering
KATAKAM SHARATH KUMAR REDDY	24691A05FN	CSE-H
MULAM HEMA BHARATH	23691a0471	ECE

The **Yoga for Beginners** program was organized by the MITS Yoga and Meditation Club under the guidance of the Student Activity Center (SAC) on 11th March 2026 from 3:00 PM to 4:30 PM. The main objective of the program was to introduce students to the fundamentals of yoga and to teach them the correct techniques for maintaining physical and mental well-being through structured practice.

The event was graced by the presence of the SAC Coordinator, Dr. G. Reddy Hematha Ma'am, and the Club Faculty Coordinator, Mr. K. Manju Vikram Sir. The program began at 3:00 PM with their inspiring addresses. Both dignitaries emphasized the importance of yoga in maintaining a balance between academic responsibilities and personal well-being. They highlighted how regular yoga practice enhances concentration, reduces stress, improves emotional stability, and promotes discipline in daily life.

Following this, the student club coordinator, Mr. S. Leela Narasimha Venkat, formally initiated the practical session. The session primarily focused on **basic Hatha Yoga practices**, including foundational yoga postures combined with controlled breathing techniques. The club coordinator along with club members actively guided the participants step-by-step throughout the session.



Various fundamental Hatha Yoga asanas were demonstrated with clear explanations regarding posture alignment, breathing patterns, duration, benefits, and necessary precautions. Participants were guided individually to ensure that they performed each pose safely and correctly. The session included standing, sitting, and relaxation postures suitable for beginners.

A total of **46 students** actively participated in the program. Their enthusiastic involvement reflected their interest in adopting healthy lifestyle practices.

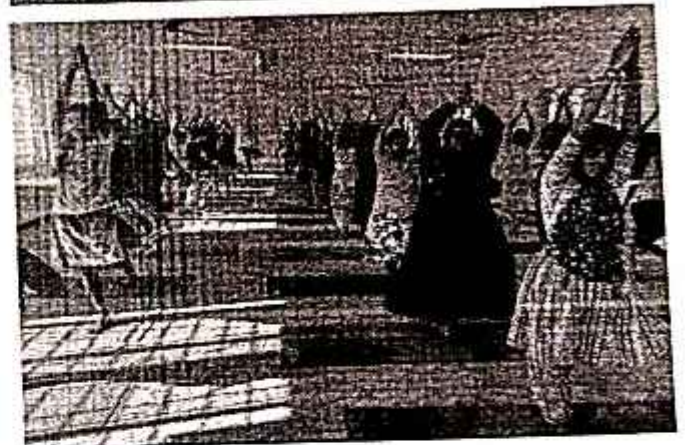
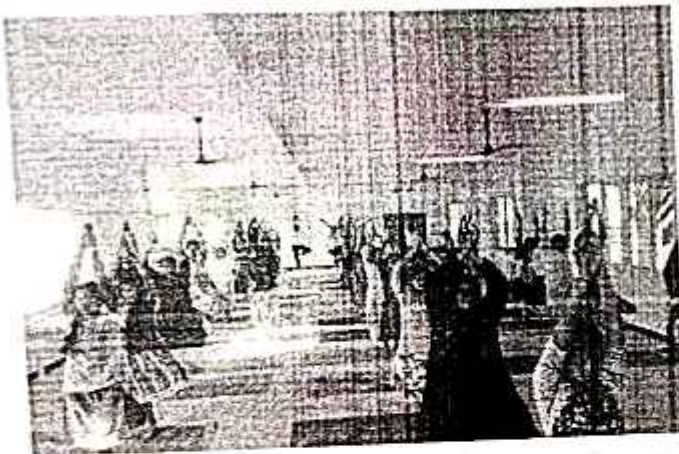
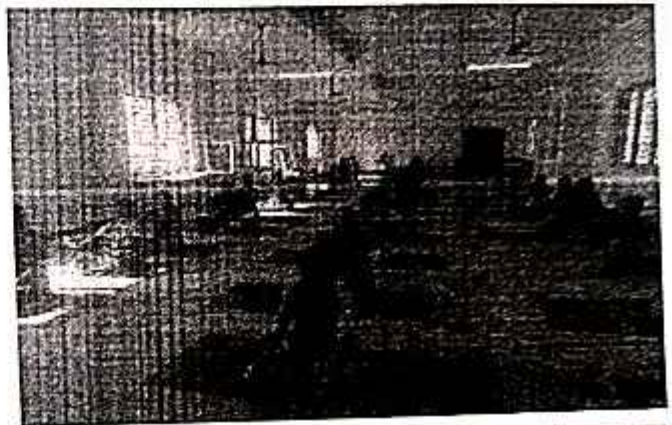
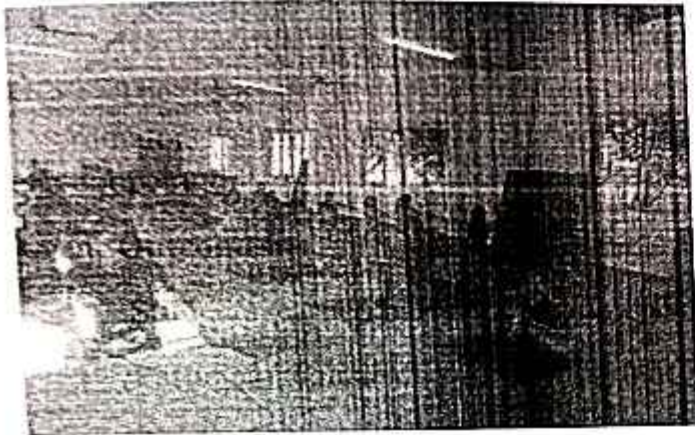
The practical session continued smoothly and concluded at **4:30 PM**. The event successfully achieved its objective of introducing beginners to structured yoga practice and encouraging them to incorporate yoga into their daily routine.

▼

The program ended with a vote of thanks, expressing sincere gratitude to the SAC Coordinator, Faculty Coordinator, club members, and all participants for their valuable presence and cooperation.

Event Outcomes:

- Students learned basic Hatha Yoga postures with correct techniques.
- Participants understood the importance of proper alignment and breath coordination.
- The session promoted stress management and physical fitness.
- The program encouraged students to adopt yoga for holistic development.





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