

Affiliated to JNTUA, Ananthapuramu & Approved by AICTE, New Delhi
NAAC Accredited with A+ Grade, NIRF India Rankings 2024 - Band: 201 - 300 (Engg.)
NBA Accredited - B.Tech. (CIVIL, CSE, CST, ECE, EEE, MECH), MBA & MCA



Report On

Theme: "Achieving Oneness With The Higher Soul"

Organized by

Yoga & Meditation Club

Student Activity Center(SAC)

Date: 27/02/2025

Venue: Seminar Hall - D



Submitted by: Yoga & Meditation Club

Request Letter

Permission Letter

26-02-2025,

Madanapalle.

The Principal,

Dr.C.Yuvaraj,

MITS,

Angallu.

From

The Yoga & Meditation Club,

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 ACHEIVING ONENESS WITH THE HIGHER SOUL (INCREASING ALL AROUND POTENTIAL), Related to yoga

(Thursday). So kindly provide permission to conduct the event.

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

Thanking you sir

Yours sincerely,

Yoga & MeditationClub.

No.of Participants: 131

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The Yoga and Meditation Club helps people find inner peace and connect with their true self. Through yoga, meditation, and breathing exercises, we bring balance to the body and mind. Our goal is to "Achieving oneness with the Higher Soul", which means feeling deeply connected to our inner self and the universe. By practicing regularly, we can reduce stress, improve focus, and live a happier, more peaceful life.

Objectives:

- 1. Spiritual Growth: Helping people connect with their Higher Soul.
- **2.Healing and Well-being:** Using yoga and energy healing to stay healthy.
- **3.Stress Relief:** Teaching simple ways to relax and stay peaceful.

Activities:

1. Yoga Sessions:

Simple body movements and breathing exercises to stay fit and stress-free.

2. Guided Meditation:

Relaxing the mind and feeling connected to positive energy.

3. Pranic Healing:

Learning how to remove negative energy and feel fresh and strong.

4. Spiritual Talks and Workshops:

Learning about inner peace, energy healing, and self-growth.

Benefits of Oneness with the Higher Soul

- Inner Peace Feeling calm and happy.
- More Energy Feeling fresh and active.
- Better Focus Thinking clearly and making good decisions.



















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Report On

ASTRAL SPACE ACCOMPLISHMENT

Organized by

Yoga & Meditation Club

Student Activity Center(SAC)

Date:25-11-2024

Venue:Research Block



Submitted by:Yoga &Meditation Club

Request Letter

Permisssion Letter

21-11-2024,

Madanapalle.

To

The Principal,

Dr. C. Yuvaraj.

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 ASTRAL SPACE ACCOMPLISHMENT (related to Yoga) on 25/11/2024 (i.e. Monday). So kindly provide permission to conduct the event.

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

Thanking You Sir

Yours sincerely,

Yoga & Meditation Club.

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Number of participants: 22

Yoga Participants	
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2 A- Novitha 2367 mo4+44 IT - ECE	9908063955
3. M. Soravana Sai 24691A05GG ISt-CSE	9763101360
4. HONDRATED 2369143241 II - CSD	91827-88749
5 S. Ceela Manasimha Venkat-23691A04B9 IInd-ECE	6305696086
6 P. Deepak 2369170036 IIndMCA	7799111966
7. A. Hemanth kumar Reddy 23691A3747 II - CSC	8523064745
8. G. Maheqwar Reddy 23691A04DI I ECE	7207717816
9. KURUBA TOSHNA RANI 24691ABZAO ISCSD	8500810364
10. Baraki Jahnavi 24691A0574 Ist CSE	939 176 1724
11. MUDIVETI GAYATHRI 22691A0461 III-ECE	957520257
12. P.S.V. Keenthi 24691A05HG Ist CSE 13. Tobernachi 24691A05GS Ist CSE	9346153151 6302268391 7569116140
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21. S. V. Deepika Devi 24691A3240 I-CS 22. K. Veera Sindhu 24691A0407 9-ECE	D 7842518009 9398494882

The Yoga & Meditation Club proudly hosted the "Astral Space Accomplishment", a yoga competition designed to inspire participants to embrace physical wellness and inner peace through the practice of yoga. The event aimed to promote the art of yoga, encourage skill development, and foster a sense of achievement among participants.

Competition Structure

The competition was divided into three levels based on the complexity of the asanas, ensuring inclusivity for participants of all skill levels:

Level 1: Easy

- Bhujangasana (Cobra Pose): Focused on improving spinal flexibility and posture.
- Balasana (Child's Pose): Promoted relaxation and calmness.
- **Gomukhasana** (Cow Face Pose): Helped in enhancing body alignment and shoulder flexibility.

Level 2: Medium

- Trikonasana (Triangle Pose): Improved balance and stability.
- Paschimottasana (Seated Forward Bend): Aided in stretching the spine and hamstrings.
- Ustrasana (Camel Pose): Focused on enhancing back strength and posture.

Level 3: Hard

- Kukkutasana (Cockerel Pose): Tested core strength and arm balance.
- Mayurasana (Peacock Pose): Focused on strength and control.
- Sirshasana (Headstand): Aimed at improving focus, balance, and body control.

Judging Criteria

Participants were evaluated based on:

- 1. **Posture Accuracy** Correct alignment and execution of the asana.
- 2. **Stability and Balance** Ability to hold poses with steadiness.
- 3. **Breath Control** Integration of breathing techniques during poses.
- 4. **Grace and Fluidity** Smooth transitions between poses.

Highlights of the Event

- The competition witnessed enthusiastic participation from students across all skill levels.
- Judges appreciated the dedication and discipline displayed by participants.

Honorable Jury Members

- Dr.C.Damodharan,PH.D Physical Director MITS
- Mr. K. Manju Vikram Asst Physical Director MITS

Prize Winners

Women

1. L.Hema Latha	1st Prize	CSD-2nd year
2. A.Deepthi	2nd prize	ECE-3rd year
3. K.Joshna Rani	3rd Prize	CSD-1st year
4. M.Keerthi	Best Consolation Prize	CSE-1st Year

Men

1. S.Leela Narashima	1st Prize	ECE-2nd Year
2.P.Deepak	2nd Prize	MCA-2nd year
3. A.Hemanth Kumar	3rd Prize	CSC-2nd Year

















Certificate



MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

(UGC - AUTONOMOUS INSTITUTION)
(Affiliated to JNTUA, Ananthapuramu & Approved by AICTE, New Delhi)
Madanapalle - 517325, Annamayya Dist., Andhra Pradesh, India





ASTRAL SPACE ACCOMPLISHMENT 2K24

Organized by Yoga & Meditation Club



Certificate of Merit

This is to certify	that Mr./Ms.	studying in
class	has secured	prize in Astral Space Accomplishment
(Voga Competitio	on)2k24 held on 25-11-2024 at	MITS-Campus Madananalle

G.R. Hemantha

Dr. G. Reddy Hemantha SAC Coordinator Dr. C. Yuvara



www.mits.ac.in



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Report On

Theme: "Achieving Oneness With The Higher Soul"

Organized by

Yoga & Meditation Club

Student Activity Center(SAC)

Date: 27/02/2025

Venue: Seminar Hall - D



Submitted by: Yoga & Meditation Club

Request Letter

Permission Letter

26-02-2025,

Madanapalle.

The Principal,

Dr.C.Yuvaraj,

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The Yoga and Meditation Club helps people find inner peace and connect with their true self. Through yoga, meditation, and breathing exercises, we bring balance to the body and mind. Our goal is to "Achieving oneness with the Higher Soul", which means feeling deeply connected to our inner self and the universe. By practicing regularly, we can reduce stress, improve focus, and live a happier, more peaceful life.

Objectives:

- 1. Spiritual Growth: Helping people connect with their Higher Soul.
- **2.Healing and Well-being:** Using yoga and energy healing to stay healthy.
- **3.Stress Relief:** Teaching simple ways to relax and stay peaceful.

Activities:

1. Yoga Sessions:

Simple body movements and breathing exercises to stay fit and stress-free.

2. Guided Meditation:

Relaxing the mind and feeling connected to positive energy.

3. Pranic Healing:

Learning how to remove negative energy and feel fresh and strong.

4. Spiritual Talks and Workshops:

Learning about inner peace, energy healing, and self-growth.

Benefits of Oneness with the Higher Soul

- Inner Peace Feeling calm and happy.
- More Energy Feeling fresh and active.
- Better Focus Thinking clearly and making good decisions.

















Request Letter:



MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

(UGC-AUTONOMOUS INSTITUTION)





Permission Letter

10-03-2025, Madanapalle.

To,
The Principal,
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 Yoga wellness program with Datta Yoga International Centre, Mysore. Related to yoga on (Thursday) 13-03-2025,3pm – 5pm,By Dr.Shiva Prakash, B.N.Y.S;D.T.P, Naturopathy Doctor, Physiotherapy. Level-3 Yoga wellness Instructor, Evaluator under Yoga Certification Board, Govt of India. So kindly provide permission to conduct the event sir.

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

Thanking you sir

Yoga faculty Co-Ordinator,

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10-3-25

Respected Sir,

Kirelly, Permit us to conduct this event

GR + temantino

Yours sincerely, Yoga & MeditationClub.

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AN ENGINEERING COLLEGE SPONSORED BY: RATAKONDA RANGA REDDY EDUCATIONAL ACADEMY Angallu, Kadiri Road NH-42 [old NH-205] Madanapatle -517325, Annamayya Dist , Andhra Pradesh India. Phone: 08571 - 280255, 280706, Fax: 08571 - 280433



Affiliated to JNTUA, Ananthapuramu & Approved by AICTE, New Delhi NAAC Accredited with A+ Grade, NIRF India Rankings 2024 - Band: 201 - 300 (Engg.)



Report on

Theme: "Yoga for Success

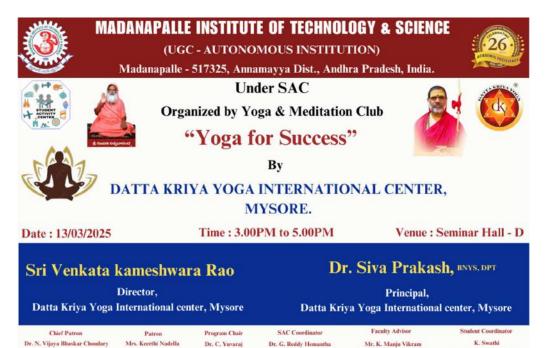
Organized by

Yoga & Meditation Club

Student Activity Center(SAC)

Date: 13/03/2025

Venue: Seminar Hall - D



Submitted by: Yoga & Meditation Club

www.mits.ac.in

Assistant Physical Director

Secretary & Correspondent

The Yoga & Meditation Club organized a event on March 13, 2025 from 3.00PM to

5.00PM, aimed at promoting the **Yoga for Success** among participants. This event was designed to highlight the significance of yoga in increasing energy levels, to reduce stress, anxiety and to improve confidence and inner health.

The event began with a heartfelt welcome to all attendees, followed by an introduction to the key figures behind the program. Bindu, a third-year student, took the lead in inaugurating the session by inviting the distinguished Resource Person, Dr. C. Damodharan (Ph.D.), the esteemed Physical Director of MITS, to the stage. With a concise yet insightful introduction, Bindu highlighted Dr. Damodharan's remarkable achievements and expertise, setting an inspiring tone for the **Yoga for Success 2025** session. Following the introduction, Bindu expressed sincere gratitude to Dr. Damodharan for his valuable presence and proceeded to invite the Faculty Advisor, Mr. K. Manju Vikram, to share his thoughts, further enriching the program.

The event featured an insightful session led by our esteemed resource person, who shared valuable key points on the significance of yoga & meditation in fostering mental clarity, emotional resilience, and overall well-being. Emphasizing the role of mindfulness in daily life, the speaker highlighted practical techniques to integrate meditation into busy schedules and discussed its scientifically proven benefits for managing stress and improving focus.

As part of the session, the resource person guided all participants through Bhramari Pranayama, a breathing technique known for its calming and therapeutic effects. This was followed by a collective meditation session, where students experienced a profound sense of relaxation and mindfulness under the expert's guidance. The hands-on practice

not only provided a rejuvenating experience but also inspired many to explore meditation as a regular habit for holistic health.

The event concluded with Narasimha, third-year student, delivering the vote of thanks. She expressed heartfelt gratitude to the Resource Person, Faculty Advisor, and all attendees for their valuable contributions to the session on yoga for success. Narasimha thoughtful words acknowledged the collective effort behind the event's success and left the audience with a sense of inspiration and appreciation.

Yoga for Success – Simple and Effective Practices

Yoga is not just about flexibility; it's a powerful tool for success! It helps you stay focused, energetic, and balanced, which are key ingredients for achieving your goals.

How Yoga Helps in Success:

- ➤ Boosts Clarity & Focus Meditation and breathing exercises sharpen your mind.
- ➤ Increases Energy Levels Dynamic postures like Surya Namaskar Sun Salutation) keep you active.
- ➤ **Reduces Stress & Anxiety** Helps you stay calm under pressure.
- ➤ Improves Confidence & Inner Strength Certain poses, like Power Postures (Warrior Pose), make you feel strong and motivated.

Simple Yoga Practices for Success:

- > Surya Namaskar (Sun Salutation) Increases energy and focus.
- ➤ Shambhavi Mahamudra (Advanced practice) Said to enhance mental sharpness.
- > Pranayama (Breathing Exercises) Helps in stress control and emotional balance.









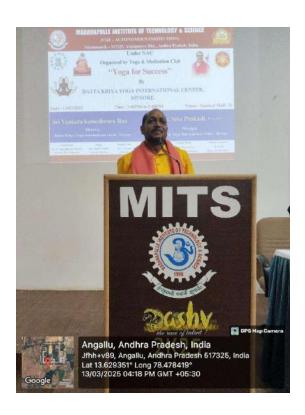














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