



Bhoj Reddy Engineering College for Women
(Sponsored by Sangam Laxmibai Vidyapeet, approved by AICTE and affiliated to JNTUH)
Vinaynagar, IS Sadan Crossroads, Saidabad, Hyderabad-500059, Telangana. www.brecw.ac.in

File No: BRECW/NSS/AY 2024-25/Meditation Program/001

Date: 13.06.2024

Circular

All the students and faculty members are informed that NSS committee is conducting **Meditation Program** by **Divya Babaji Sushumna Kriya Yoga Foundation** for II BTech CSE, CSM, ECE, EEE and IT students on **14 June 2024** (Friday) as per the below schedule.

The details are as follows:

S.No	Branch	Timings	Venue	Speaker Name
1	2	3	4	5
1	II CSE & IT	10:00 AM to 11:00 AM	Indoor Auditorium (Ramdev Block)	Jillela Srilatha, Tirumala Shetty Aruna, Paneer Latha. (Sushumna Kriya Yoga Trainers)
2	II CSM, ECE & EEE	11:30 AM to 12:30 PM		

Attendance will be taken by the respective faculty as per the class timetable and will be entered in their respective registers.

All the teaching and non-teaching faculty who do not have classwork/lab are invited to attend the program.


K Sandhya
NSS Committee Coordinator


Dr J Madhavan
Principal

To

All the branches of II B Tech students

Heads of Departments/Heads of Faculty for information and with a request to circulate among the students and staff members

Copy to:

1. Chief Operation Officer
2. Director – HR & Academics
3. Vice Principal
4. Incharge Sections / Branches
5. Maintenance Officer
6. I/c Security
7. File

*copy Required
N. Sirisue*

*N. Sirisue
13/6/24*



Bhoj Reddy Engineering College for Women

(Sponsored by Sangam Laxmibai Vidyapeet, approved by AICTE and affiliated to JNTUH)
Vinaynagar, IS Sadan Crossroads, Saidabad, Hyderabad – 500 059, Telangana. www.brecw.ac.in

NSS UNIT IS ORGANIZING

Meditation program

By

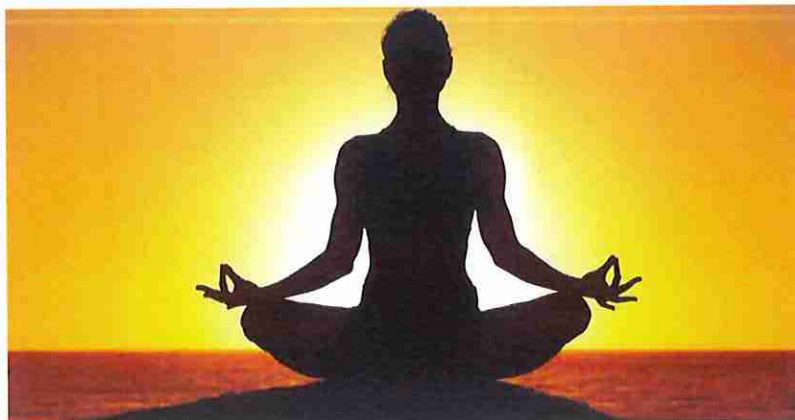
Divya Babaji Sushumna Kriya Yoga Foundation, Hyderabad

On

14th June 2024

At

Ramdev Convention Centre



Branch

II Btech CSE and IT
II Btech ECE,EEE and CSE(AI&ML)

Time

10:00 am to 11:00 am
11:30 am to 12:30 pm.

Meditation is essential for students for their well being. It helps them to keep their mind at peace. Daily meditation can help people to become more focused towards work or studies. Hence, incorporating meditation into day-to-day life is beneficial for students mental and physical health.

The program was addressed by the speaker Jillela Srilatha who is a trainer in Divya Babaji Sushumna Kriya Yoga Foundation, Hyderabad and also other two trainers Tirumala shetty Aruna and Paneer Latha who monitored the crowd in the auditorium.



Meditation Program on 14th June 2024 at RCC

The speaker Jillela Srilatha told the importance of meditation and its benefits. She explained the steps to be followed while doing the meditation. The speaker told the four step process in Sushumna kriya meditation. The session continued by practicing the meditation.

All the students and staff actively participated in the meditation program and shared their experiences and also asked few questions to the trainers regarding the practicing of meditation.

K. Sandhya, NSS Committee Coordinator expressed her sincere gratitude to the trainers of the Divya Babaji Sushumna Kriya Yoga Foundation and also thanked the management, principal, staff and students successful conduction of program

K Sandhya

NSS Coordinator

J. Madhavan

Principal



Bhoj Reddy Engineering College for Women

(Sponsored by Sangam Laxmibai Vidyapeet, approved by AICTE and affiliated to JNTUH)
Vinaynagar, IS Sadan Crossroads, Saidabad, Hyderabad – 500 059, Telangana. www.brecw.ac.in

19/06/2024

Report on Yoga Day under NSS Committee

Event Details:

- **Organizer:** National Service Scheme (NSS)
- **Venue:** Ramdev Convention Centre
- **Date:** 14th June 2024
- **Objective:** Importance of Yoga and its practice
- **Conducted by:** Divya Babaji Sushumna Kriya Yoga Foundation, Hyderabad
- **No. of participants:** II Btech(CSE,ECE,EEE,IT,CSM) Students

Bhoj Reddy Engineering College for women organised a Meditation program on 14th June 2024 for all II Btech CSE, ECE, EEE, IT and CSE(AI&ML) students. The program was scheduled for II Btech CSE and IT at 10:00 am to 11:00 am and for II Btech ECE,EEE and CSE(AI&ML) at 11:30 am to 12:30 pm. The program was attended by the Principal, Head of the Departments, NSS coordinator and members, staff and students.

The Meditation program was conducted by Divya Babaji Sushumna Kriya Yoga Foundation, Hyderabad. The main intention of the program is to know the importance of meditation and yoga in day to day life.



Meditation Program on 14th June 2024 at RCC



**DIVYA BABAJI SUSHUMNA KRIYA YOGA FOUNDATION
HYDERABAD.**

Letter of Appreciation

To
The Principal,
Bhoj Reddy Engineering College for Women,
Saidabad,
Hyderabad-500059

Dear Sir,

We appreciate the efforts initiated by Bhoj Reddy Engineering College for Women for Conducting Awareness program on the importance of sushumna kriya yoga meditation with their students and faculty members.

This to put on record of appreciation for conducting the awareness program

We look forward to organize such programs in future.

We wish you all the best for your future endeavours.

Yours faithfully,

V. Srilakshmi

Srilakshmi Vujjini

DBSKY Hyderabad CO-ordinator