

**PRASAD V. POTLURI**  
**SIDDHARTHA INSTITUTE OF TECHNOLOGY**  
KANURU, VIJAYAWADA-7  
(AUTONOMOUS)  
**DEPARTMENT OF FRESHMAN ENGINEERING**

**CIRCULAR**

Date: 4-11-23

All the I B. Tech. Students are informed that Freshman Engineering Department is organizing a One- Day Workshop on “Reprogram Your Brain with Sushumna Kriya Yoga” on 4-11-23. Students of CSE, EEE & ECE are informed to attend the workshop.

Details:

Topic: Reprogram Your Brain with Sushumna Kriya Yoga


**Resource Person:**

Mrs. Sireesha Rudraraju

Date: 4.11.23




Time: 2.30 P.M

Venue: Auditorium

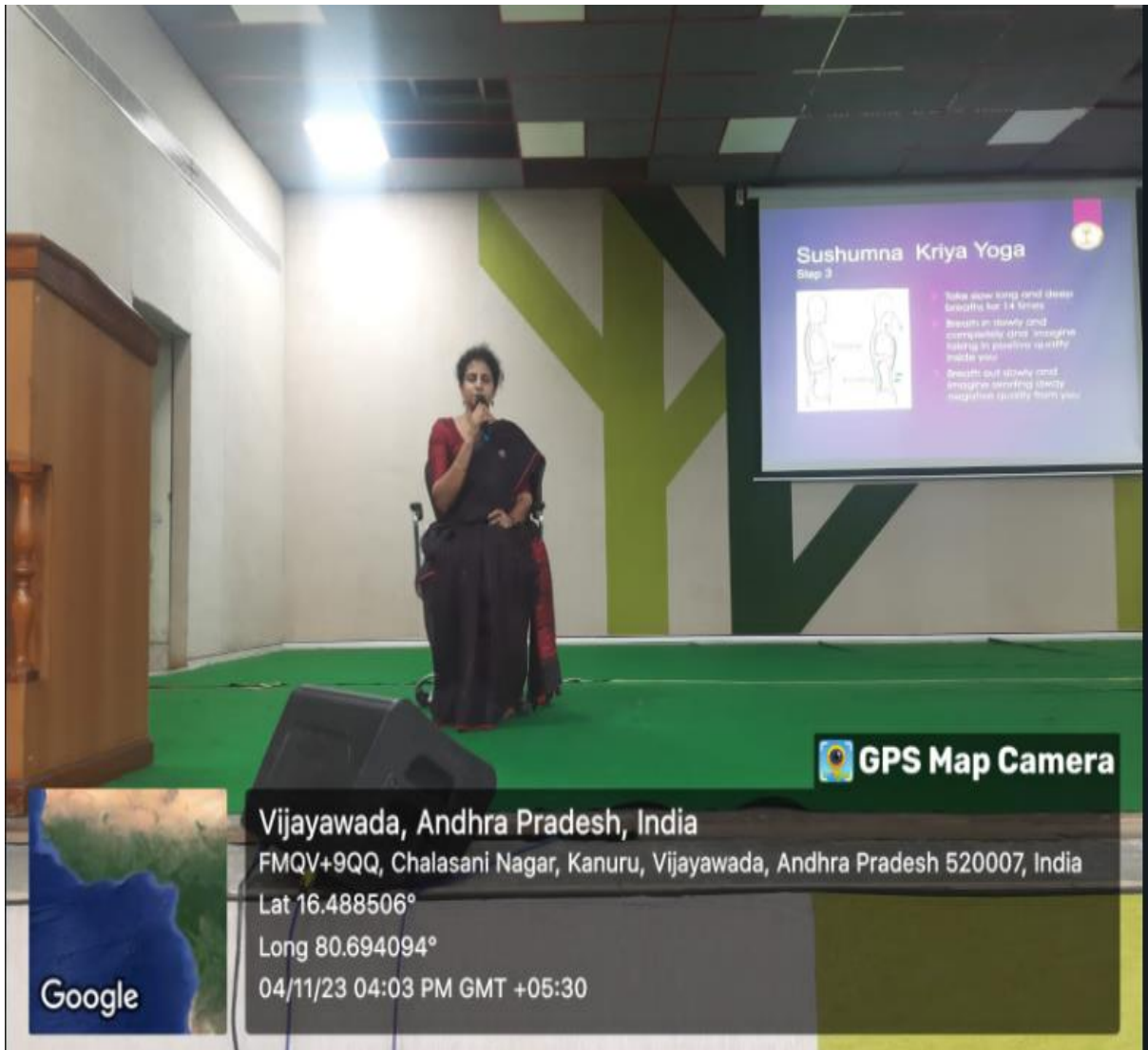
  
**Dr. M. Srilakshmi**

Freshman Engineering Department  
PVP Siddhartha Institute of Technology  
Kanuru, VIJAYAWADA-520 007.

**PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY**  
**Department of Freshman Engineering**  
**One Day Workshop on “Reprogram Your Brain with Sushumna Kriya Yoga”**  
**SUMMARY REPORT ON EVENT ORGANIZED**  
 Date: 4.11.23

ACADEMIC YEAR : 2023-2024	
Date of event organized	4.11.23
Name of the program	Reprogram Your Brain with Sushumna Kriya Yoga
Title of the program	One Day Workshop on “Reprogram Your Brain with Sushumna Kriya Yoga”
Resource persons	Mrs. Sireesha Rudrarajau
Brief report on the event	<p>- Kriya Yoga is a simple psycho-physiological technique used to decarbonize and replenish human blood with oxygen. To revitalise the brain and spinal centres, the extra oxygen's atoms are converted into life current.</p> <p>-Regardless of one's lifestyle, the Gurus stated that Sushumna Kriya Yoga can be regularly practised to achieve, enlightenment and eternal pleasure.</p> <p>-Sushumna literally translates to sukha-mana, a happy mind. As we will see, practising cultivating a joyous mind is one of the -pranayama preparations prior to contemplative focus.</p> <p>-Promotes a sense of quietness to our brain by reducing the impact of overstimulation of frontal lobes. Helps to increase the Respiratory Sinus Arrhythmia and relieve mental health issues such as anxiety and depression. Regulates the levels of stress hormones in the body.</p>
Year/Semester	I B.Tech CSE, ECE, EEE Students
No. of the participants	
Consolidated Feedback	Good
Suggestions if any	---
Name of the Co-ordinator	Dr. T. Preethi Rangamani Dr. S. Lakshmi Tulasi
Signature of the Co-ordinator	 
Signature of the HOD	

Head  
 Freshman Engineering Department  
 PVP Siddhartha Institute of Technology




## Sushumna Kriya Yoga

Step 3



- Take slow long and deep breaths for 14 times
- Breathe in slowly and completely then imagine water in positive quality inside you
- Breathe out slowly and imagine sending dirty negative quality from you

 **GPS Map Camera**

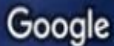
Vijayawada, Andhra Pradesh, India

FMQV+9QQ, Chalasani Nagar, Kanuru, Vijayawada, Andhra Pradesh 520007, India

Lat 16.488506°

Long 80.694094°

04/11/23 04:03 PM GMT +05:30

 Google



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Lat 16.488506°  
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Prasad V Potluri Siddhartha Institute of Technology, Kanuru, Vijayawada-7  
 Freshman Engineering Department  
 One Day Workshop On "Reprogram Your Brain with Sushumna Kriya Yoga"  
 Date: 4.11.23

Name of the Student	Branch	Roll Number	Signature
Ab. Zaheda Begum	CSE	23CSE 101	Ab Zaheda
Sumaiyah	ECSE	23ECE 232	Sumalah
Md. Ayesha Fashheen	CSE	23CSE 240	Ayesha
Chandana V	ECE	23ECE 273	Chandana
M. Jayalakshmi	CSE	23CSE 233	M. Jayalakshmi
K. Sarvani	CSE	23CSE 219	K. Sarvani
M. Varalakshmi	CSE	23CSE 237	Varalakshmi
P. Kavyasri	EEE	23EEE 152	P. Kavyasri
J. Yasaswini	EEE	23EEE 170	J. Yasaswini
G. Anu Radha	EEE	23EEE 124	K. Anu Radha
Ch. Gnana deepika	CSE	23CSE 170	Ch. Gnana deepika
B. Janasree	ECE	23ECE 113	B. Janasree
B. Charishma	ECE	23ECE 148	B. Charishma
K. Pavani	ECE	23ECE 138	K. Pavani
P. Nandini	ECE	23ECE 211	P. Nandini
M. Puspa Sahithi	ECE	23ECE 202	M. Puspa Sahithi
P. Harini	ECE	23ECE 222	P. Harini
P. Pallavi	ECE	23ECE 128	P. Pallavi
P. Jaya Sri	ECE	23ECE 219	P. Jaya Sri
N. Eswari Devi	ECE	23ECE 208	N. Eswari Devi
Keshmi Tara Priya A	ECE	23ECE 141	Keshmi Tara Priya A
Ch. Silvy Joice	ECE	23ECE 117	Ch. Silvy Joice
N. Teresa	ECE	23ECE 262	N. Teresa
Bindu Sree	ECE	23ECE 235	Bindu Sree
T. Rithwika	ECE	23ECE 270	T. Rithwika
M. Rupa Sri	ECE	23ECE 244	M. Rupa Sri

27	P. Namratha	ECE	23ECE 247	P. Namratha
28	T. Lakshmi Sameera	ECE	23ECE 251	T. Sameera
29	K. Padmaja	ECE	23ECE 157	K. Padmaja
30	P. Poojitha	IT	23IT 223	Poojitha
31	N. Sameera	IT	23IT 216	Sameera
32	Abdul Raheema	ECE	23ECE 101	Ab. Raheema
33	D.N.S.R. Teja sree	ECE	23ECE 173	D. Teja sree
34	T. ADNISHA	ECE	23ECE 269	T. Adnisha
35	P. Greetha Nagar Kowmudli	ECE	23ECE 218	P.G.N. Kowmudli
36	P. Pujitha	ECE	23ECE 216	P. Pujitha
37	R. Anitha	ECE	23ECE 248	R. Anitha
38	Y. Pavani	ECE	23ECE 254	Y. Pavani
39	U. Meghana	ECE	23ECE 234	U. Meg
40	K. Thilakavathi	CSE	23CSE 163	K. Thilakavathi
41	P. Sruithi	ECE	23ECE 209	P. Sruithi
42	K. Sravya	ECE	23ECE 134	K. Sravya
43	D. Bhagyavathi	ECE	23ECE 149	D. Bhagyavathi
44	K. Rishitha JOY	ECE	23ECE 156	K. Rishitha
45	K. Meghana	CSE-1	23CSE 155	K. Meghana
46	G. Siva Pallavi	CSE-1	23CSE 176	G. Siva Pallavi
47	Meka Sowmya	ECE-2	23ECE 201	Sowmya Meka
48	P. Suseela	ECE-2	23ECE 210	P. Suseela
49	Md. Nazimunnisa	ECE-2	23ECE 203	Md. Nazimunnisa
50	M. Gayathri	ECE-2	23ECE 256	M. Gayathri
51	P. Sreelekha	ECE-2	23ECE 214	P. Sreelekha
52	K. Bhavya	ECE-1	23ECE 161	K. Bhavya
53	M. Touisha	ECE-1	23ECE 160	M. Touisha
54	M. Niharika	ECE-1	23ECE 159	M. Niharika
58	M. Janani	CSE-2	23CSE 235	Janani
56	T. Naga Dhatri	ECE-2	23ECE 233	T. Naga Dhatri

135	P. Lahari	CSE-3	319	P. Lahari
136	S. Saranya	CSE-3	364	S. Saranya
137	N. Yavanika	CSE-3	308	N. Yavanika
138	M. Varshitha	IT-2	265	M. Varshitha
139	P. Brunda Geethika	CSE-1	168	P. Geethika
140	V. Hanuaga	CSE-3	373	V. Hanuaga
141	T. Sudheshna Devi	CSE-3	370	T. Sudheshna
142	Sri Vasanthi	CSE-3	327	Sri Vasanthi
143	S. Jaya lakshmi	CSE-3	351	S. Jayalakshmi
144	U. Nithisha	CSE-3	335	U. Nithisha
145	Sk. Shahistha	CSE-3	325	Sk. Shahistha
146	Sk. Karishma	CSE-3	322	Sk. Karishma
147	T. Reshini Ania	CSE-3	333	T. Reshini Ania
148	S. Vishnu Priya	CSE-3	366	S. Vishnu Priya
149	S. Bala Sri	CSE-3	363	S. Balasri
150	K. Charishma	CSE-1	180	K. Charishma
151	N. Sudha	CSE-2	272	N. Sudha
152	M. Rishmitha	CSE-2	268	M. Rishmitha
153	Md. Sadhika	CSE-2	232	Md. Sadhika
154	K. Sivivalli	CSE-2	213	K. Sivivalli
155	K. Mounica Bhargavi	CSE-2	217	K. Mounica
156	G. Vennela	CSE-1	139	G. Vennela
157	G. Jahnavi	CSE-1	149	Jahnavi
158	R. DEVIKA	CSE-3	350	R. Devika
159	T. Satya Molika	CSE-3	334	T. Satyamolika
160	K. Yasawini	CSE-2	224	K. Yasawini
161	A. Charithasri	CSE-1	162	A. Charithasri
162	B. Hema Priya	CSE-1	113	B. Hema Priya
163	G. Manasa	CSE-1	142	G. Manasa
164	A. Vyshnavi Sushma	CSE-1	143	A. Vyshnavi Sushma

	Name of the student	Branch	Roll number	Signature
118	B. Volini priya	IT-1	107	B. Volini priya
119	B. Anu bai	IT-1	106	B. Anubai
120	K. Chinmayee	IT-2	175	K. Chinmayee
121	T. Amulya	IT-1	127	T. Amulya
122	D. N. Dakshayani	IT-1	167	D. N. Dakshayani
123	B. Inkhitha	IT-1	163	B. Inkhitha
124	M. Sai Sri Veda	ECE-2	268	M. Sai Sri Veda
125	M. Vismila	ECE-2	204	M. Vismila
126	V. Iswarya	ECE-2	239	V. Iswarya
127	P. Danya	IT-2	219	P. Danya
128	M. Sasanya	IT-2	263	M. Sasanya
129	T. Sonika	CSE-3	359	T. Sonika
130	G. Vasundhara	CSE-3	371	G. Vasundhara
131	S. Vani Vahnika	CSE-3	352	S. Vani
132	V. Niharika	ECE-2	253	V. Niharika
133	ch. chaitra	CSE-1	169	ch. chaitra
134	K. Sai Sri	CSE-1	161	K. Sai Sri
135	J. Pallavi	IT-1	128	J. Pallavi
136	E. Kusuma Sai	IT-1	169	E. Kusuma Sai
137	A. Sreya	IT-1	159	A. Sreya
138	J. Poojitha	IT-1	152	J. Poojitha
139	M. Bala Bhavya	IT-1	157	M. Bala Bhavya
140	D. Varshitha	IT-1	122	D. Varshitha
141	T. Blessy Keerthana	CSE-3	331	T. Blessy Keerthana
142	T. Anu	CSE-3	330	T. Anu
143	SK. Roshanara	CSE-3	324	SK. Roshanara
144	P. Nandini	CSE-3	311	P. Nandini
145	T. Sai Deepika	CSE-3	368	T. Sai Deepika
133	Y. Guna Varshini	CSE-3	358	Y. GV
134	T. Tejaswi	CSE-3	329	T. Tejaswi



		Roll Number	Signature
58	Devi-Shanmukha seetharam	ECE-I 23ECE150	D44ram
60	B. Suresh Krishna	ECE-I 23ECE147	BSSK
61	E. Akhil preetham	CSE I 23CSE132	Akhil
62	M. Pravinlal Hridhan	ECE-1 23ECE142	M. Pravin
63	D. Vijay Kumar	ECE-1 23ECE174	D. Vijay
64	M. Balaram Pradeep	ECE-1 23ECE144	M. Balaram Pradeep
64	K. chaitanya Sai	ECE-I 23ECE258	K. Sai
65	G. Bhanu Teja	ECE-I 23ECE121	G. Bhanu
66	Soom Raj	CSE-I 23CSE501	Soom Raj
67	A. Hemanth Kumar	CSE-I 23CSE101	A. Hemanth
68	G. S. Sai Narayana	CSE-1 23CSE133	G. S. Sai
69	L. RISHI SIVAKSHI	CSE-2 23CSE266	L. Rishi
70	L. Ramesh	CSE-2 23CSE247	L. Ramesh
71	M. Rahul Kumar	CSE-2 23CSE250	Rahul
72	A. V. N. Karthik	CSE-1 23CSE105	A. V. N. Karthik
73	ch. Bhavinash	CSE-1 23CSE118	ch. Bhavinash
74	B. Tulasi Ram	CSE-1 23CSE114	B. Tulasi
75	B. Lokesh	CSE-1 23CSE109	B. Lokesh
76	B. Lokesh Sai Venkat	CSE-1 23CSE112	B. Lokesh
77	D. Devi vara Prasad	CSE-1 23CSE174	D. Devi
78	Ch. Ram Charan	CSE-1 23CSE171	Ch. Ram Charan
79	V. S. S. Swaroop	CSE-3 23CSE340	Swaroop
80	N. Shilendra	CSE-3 23CSE326	N. Shilendra
81	R. Krishna Kumari	ECE-2 23ECE267	R. Krishna
82	N. Saketh Raj	ECE-B 23ECE261	N. Saketh
83	Gov. L. Karthik	ECE-2 23ECE230	Gov. L. Karthik
84	R. Bhavani Shankar	ECE-2 23ECE249	R. B. Shankar
85	B. Srinivas	ECE-1 23ECE116	B. Srinivas
86	K. Sankar Narayana	CSE-2 23CSE207	K. Sankar Narayana
87	J. Lalith siva Krishna	CSE-2 23CSE205	J. Lalith

	V. Naga Mallesh Varma	CSE-3	23CSE 357	V. Mallesh
89	Ch. Sri Teja	CSE-1	23CSE 146	Ch. Sri Teja
90	K. Naga. Charan	CSE-2	23CSE 259	C Charan
91	K. Bharadwaj	CSE-2	23CSE 261	K. Bharadwaj
92	K. Harshavardan	CSE-2	23CSE 264	K. Harshavardan
93	A. Manohar	ECE-1	23ECE 145	A. Manohar
94	G. Harsha vardhan	ECE-1	23ECE 152	G. Harsha
95	B. Gowtham Sai	ECE-1	23ECE 115	B. Gowtham Sai
96	Ch. Mohan	ECE-1	23ECE 118	Ch. Mohan
97	A. Devesh	ECE-1	23ECE 146	A. Devesh
98	Akhil. Ande	ECE-1	23ECE 106	Akhil
99	D. Murali Chandar Siddhartha	ECE-1	23ECE 172	D. M. Ch
100	Y. Bharu Venkata naga sai	ECE-2	23ECE 274	Y. B. Sai
101	G. Kasthur Sai	ECE-1	23ECE 175	Kasthur Sai
102	B. Thimma Raju	ECE-1	23ECE 111	B. Thimma Raju
103	Z. Kevanth	ECE-1	23ECE 158	Z. Kevanth
104	A. Likhitha Krishna	ECE-1	23ECE 163	A. Likhitha Krishna
105	J. Naga Venkata Sai	ECE-1	23ECE 129	J. Naga Venkata Sai
106	B. Abhiram	ECE-1	23ECE 166	B. Abhiram
107	P. Naga Jagadish	ECE-2	23ECE 264	P. Jagadish
108	P. Baladithya	CSE-2	23CSE 273	P. Baladithya
109	D. Anuradha.	IT-1	23IT 117	D. Anuradha.
110	B. Lakshmi	IT-1	23IT 148	B. Lakshmi
111	A. Keerthana	IT-1	23IT 104	A. Keerthana
112	B. Manasa	IT-1	23IT 105	B. Manasa
113	K. Bhavya Sri	IT-1	23IT 134	K. Bhavya Sri
114	Ch. Harshini	IT-1	23IT 115	Ch. Harshini
115	Ch. Vidhya Sri	IT-1	23IT 149	Ch. Vidhya Sri

118	P. Anand Raju	CSE-3	18	AA
119	R. Kamath	CSE-3	48	R. Kamath
120	M. Manikanta Nagarjuna	CSE-3	03	Manikanta
121	GRANDHE MANIKANTA SRI SRI KAN	IT-1	126	G. Saikiran
122	Ch. Nishanth Srikar	IT-1	109	C.N. Srikar
123	Ch. Jaswanth	IT-1	113	Ch. Jaswanth
124	A. Giridhar	IT-1	155	AR
125	M. Gowtham vijay sai	IT-1	145	<del>M. Vijay</del>
126	D. Vishal	IT-1	119	D. Vishal
127	K. Sumanth	IT-1	135	<del>K. Sumanth</del>
128	A. Likhith	IT-1	160	A. Likhith
129	G. Bhavath	IT-1	172	Bharath
130	K. Abhinav	IT-1	130	Abhi
131	Ch. Prabhath	IT-1	164	Ch. Prabhath
132	B. Roshith	IT-1	162	B. Roshith
133	P. Sree Harsha	ECE-2	266	<del>P. Sree Harsha</del>
134	P. PAVAN Kumar	ECE-2	265	P. Pavan Kumar
135	V. Mokshith balaji	ECE-2	272	<del>V. Mokshith balaji</del>
136	Ch. Harsha vardhan	ECE-1	170	<del>Ch. Harsha vardhan</del>
137	P. Somesh	CSE-3	317	P. Somesh
138	T. Jaya Krishna	CSE-3	356	Jaya
139	V. Saikiran	CSE-3	336	V. Saikiran
140	Ch. Ruthvik	CSE-3	361	Ruthvik
141	M. Revanth Reddy	CSE-3	302	R
142	T. Hema Sagar	CSE-3	332	T. Hema Sagar
143	V. Sai dhruj	CSE-3	374	V. Sai dhruj
144	S.V. Sai Krish	CSE-3	365	S.V. Sai Krish
145	P. Rasool	CSE-3	345	<del>P. Rasool</del>
133	P. S. Chaitanya	CSE-3	346	<del>P. S. Chaitanya</del>
134				