

### **DEPARTMENT OF HUMANITIES AND SCIENCES**

Name of the Event: Meditation – Yoga Session for B.Tech Students

Date of Event: 22/09/2025

Venue: Block 2, Room No: 104.

No. of participants: 70 students and Faculty members

A special yoga session was organized for the first-year B.Tech students on 22/09/2025, at Nearly 70 students actively participated in the program. The session was conducted by **Mr. Srikanth**, a Classical Hatha Yoga teacher certified by Sadhguru Gurukulam, who has extensive experience in teaching yoga across educational institutions.

The session began with a brief introduction to the significance of yoga in daily life, highlighting its role in stress relief, focus improvement, and overall well-being. Mr. Srikanth then guided the students through a series of simple yet effective yoga practices, including breathing techniques, posture correction, and relaxation exercises. These practices were specifically chosen to support students in managing academic stress, improving concentration, and maintaining physical health.

Students showed great enthusiasm and participated with keen interest throughout the session. Many of them expressed that the techniques taught were easy to follow and highly beneficial. The interactive nature of the session kept the students engaged and motivated to incorporate yoga into their daily routines.

The program concluded with a short meditation practice, leaving the students refreshed and energized. Overall, the session was highly impactful and provided the participants with practical tools to enhance their academic and personal lives.

