

MALLA REDDY COLLEGE OF ENGINEERING

((Approved by AICTE-New Delhi, Affiliated to JNTUH)

Recognised under Section 2(f) & 12(B) of the UGC Act 1956, An
ISO 9001:2015 Certified Institution.

Maisammaguda, Dhulapally, post via Kompally, Secunderabad -
500100



Wellness Club (Svastha)



WELLNESS CLUB - SVASTHA

About the club

Svastha is the Wellness club of MRCE. It is one of the newly established clubs in 2024. Svastha focuses on physical development, mental development, health and nutrition of students. Students have a lot to cope up with - academics, extra curriculums, projects, internships and have to keep hustling all the time. There can be moments when we are stressed, let down or just need a break to be with ourselves. A small refreshing break helps us get back to our work easily. Hence, Svastha will focus on developing discipline and improving the physical and mental health of students, helping them to be better at academics and lead a pleasurable college life.

Aims and objectives

- Building Mental and Physical strength
- Healthy food and Nutrition.
- Physical fitness.
- Behaviour and life skills.

Activities

- Conducting yoga/workout/pranayama/meditation sessions for students and faculty.
- Organizing sessions with motivational speakers or talks from spiritual leaders/speakers from organizations like Art of Living on Health, Nutrition and overall development.
- Have Yoga, Meditation workshops with the help of Instructors.
- Organize sessions or activities for celebrating International Yoga Day.
- Debates or discussions on a topic related to wellness

Composition

The Wellness club of the college is constituted with the following. The principal of the college will be the Chairperson of the Club.

S.No	Faculty Name	Designation	Position	Contact No. & E-mail Id
1.	Dr. M.Ashok	Principal	Chairman	9348161222 principal@mrce.in
2.	Dr.K.Shanthi Latha	Coordinator	Associate Professor AIML	9440237222 rshanthilatha@gmail.com
3.	Mrs.C Varalaxshmi	Member	Assistant Professor CSE	9676084726 cvlakshmi767@gmail.com
4.	Mrs. T.Mounika	Member	Assistant Professor DS	7569162923 tallamounikareddyh0@gmail.com
5.	Ms.Kanakaprabha.S	Member	Assistant Professor AI&ML	9746586529 skanakaprabha@gmail.com
6.	Mr.B.Venkatesh	Member	Assistant Professor IT	8897978621 b.venkatesh.venkatesh9@gmail.com
7.	Mrs.Rupa	Member	Assistant Professor H&S	9573839941 Rupa.akula7@gmail.com
8.	Mr.Ramakrishna	Member	Assistant Professor ECE	9398327304 rama48b@gmail.com

M. Srinivas
13/5/24

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Date:20-09-24

**Svastha-Wellness Club
Minutes of Meeting**

S.No	Faculty Name	Designation	Position	Signature
1.	Dr. M.Ashok	Principal	Chairman	
2.	Dr.K.Shanthi Latha	Coordinator	Associate Professor AIML	
3.	Mrs.C Varalaxshmi	Member	Assistant Professor CSE	
4.	Mrs. T.Mounika	Member	Assistant Professor DS	
5.	Ms.Kanakaprabha.S	Member	Assistant Professor AI&ML	
6.	Mr.B.Venkatesh	Member	Assistant Professor IT	
7.	Mrs.Rupa	Member	Assistant Professor H&S	
8.	Mr.Ramakrishna	Member	Assistant Professor ECE	

Agenda:

1. Introduction to the Wellness Program-Art of Living.
2. Objectives of the Program
3. Proposed Activities
4. Timeline and Schedule

The 2024-2025 Academic Year's Svastha - Wellness Club meeting was conducted on 20.09.2024, 02.00 PM and the minutes are recorded as follows:

1. Introduction to the Wellness Program-Art of Living Youth Empowerments
2. Activities discussed include:
 - Yoga/meditation sessions.

- Mental health awareness.
- Mindfulness.
- Heartfulness.
- Emotional Balance.

3. Timeline and Schedule

- Proposed to launch the program on 23.09.2024
- The timeline for the wellness program scheduled for 23.09.2024 to 26.09.2024.

4. Members will coordinate with external wellness experts.

5. Venue- B1- 001A Conference hall.



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Date:23.09.24

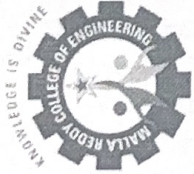
List of registered Students From 23-09-2024 to 26-09-2024

Program Name: Art of Living- Youth Empowerment 4-Day Program

S.No	Roll No	Name	Branch-Section	Mobile No
1	22Q91A6732	Priyanka Kothiyal	CSD-A	9346374515
2	22Q91A6738	Meeta Upadhyay	CSD-A	7671930248
3	22Q91A6750	Pawan Kumar	CSD-A	7737025918
4	22Q91A6759	TaranTej Kaur	CSD-A	7207752272
5	22Q91A1253	R.Hari Krishna	IT	6304173735


Co-ordinator


Principal



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Date: 23.09.2024

Program Name: Art of Living- Youth Empowerment 4-Day Program-Attendance

S.No	Roll No	Name	Branch	Signature			
				Day-1 23/09/2024	Day-2 24/09/2024	Day-3 25/09/2024	Day-4 26/09/2024
1	22Q91A6732	Priyanka Kothiyal	CSD				
2	22Q91A6738	Meeta upadhyay	CSD				
3	22Q91A6750	PaWan Kumar	CSD				
4	22Q91A6759	TaranTej kaur	CSD				
5	22Q91A1253	R.Hari Krishna	IT				

Co-ordinator

Principal



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Details of the Event

Name of the Program	:	Art of Living Youth Empowerment
Name of the Coordinator	:	Dr. K. Shanthi Latha, AP/CSM
Name of the Convener	:	Dr. M. Ashok, Principal
Resource Name	:	Kulpreeth Singh Sai Rohan, Member of Art of Living
Date & Time of Event	:	23/09/2024 to 26/09/2024 & 9:30 AM to 12:30 PM
Venue of the Event	:	Block 1

Overview of the Event

The Workshop on Art of Living Youth Empowerment was organized by the Svastha-Wellness Club from September 23 to 26. The four-day program, titled Art of living Youth Empowerment youth through practical techniques for self-development, leadership, and emotional well-being. The workshop incorporated yoga, pranayama, and the famous SKY (Sudarshan Kriya) technique, blending theoretical sessions with interactive activities designed to foster a stress-free, happy life.

2. Day-by-Day Breakdown

Day 1: Introduction and Self-Awareness

The first day laid the foundation for the workshop with the following sessions:

- **Icebreaker:** Participants engaged in activities that helped them bond with one another.
- **Introduction:** Overview of the program and expectations from participants.
- **Rules:** Established guidelines to create a respectful and focused learning environment.
- **Art of Listening:** Focused on improving concentration and understanding through mindful listening.
- **Contemplation:** Encouraged self-reflection and mindfulness.
- **Breathing and Pranayama:** Introduced participants to the basics of pranayama (breathing exercises), focusing on regulating emotions and achieving mental clarity.

Day 2: Exploring Happiness and Regret-free Living

The second day focused on personal well-being and inner happiness:

- **Revision:** A brief review of the concepts covered on Day 1.
- **Secrets of Happiness:** Participants learned the importance of gratitude and mindfulness in cultivating happiness.
- **Key to a Life without Regrets:** Techniques were shared to help participants let go of past regrets and focus on positive action.

- **Appreciating Challenges in Life:** Explored how challenges can serve as opportunities for growth.
- **Pranayama:** A continued practice of breathing techniques to help reduce stress.
- **SKY Technique:** Introduced the basics of the Sudarshan Kriya (SKY), a powerful rhythmic breathing technique known for promoting mental clarity and emotional balance.

Day 3: Leadership and Time Management

This day focused on the skills necessary for leadership:

- **Secrets to Leadership:** Covered essential qualities of good leadership and how to inspire others.
- **Time Management:** Participants learned techniques to manage time effectively and prioritize tasks.
- **Game:** An interactive session that combined fun with lessons on teamwork and leadership.
- **Handling Criticism:** Offered strategies to deal with constructive and negative criticism with grace.
- **Kriya Practice:** A session of Kriya to deepen the practice of SKY.

Day 4: Overcoming Fears and Building Relationships

The final day helped participants reflect on relationships and social responsibilities:

- **Handling Stage Fear:** Techniques to overcome anxiety and boost confidence in public speaking.
- **Home Kriya:** Guidance on incorporating Kriya into daily life to maintain balance and calm.
- **Handling Parents:** Explored healthy ways to improve communication and understanding with parents.
- **Handling Relationships:** Focused on maintaining healthy relationships, with an emphasis on empathy and mutual respect.
- **Contributing Back to Society:** Encouraged participants to use their skills and knowledge to contribute positively to society.

Conclusion

The Workshop on Art of Living Youth Empowerment was a transformative experience for all participants. Through interactive sessions, engaging discussions, and practical techniques, the program successfully empowered youth with tools for leading a balanced and fulfilling life. The focus on self-awareness, leadership, and relationships, alongside the powerful SKY technique, left a lasting impact on the participants, fostering a sense of responsibility towards oneself and society. This four-day workshop marked a significant step toward building a healthier, happier, and more empowered youth community.





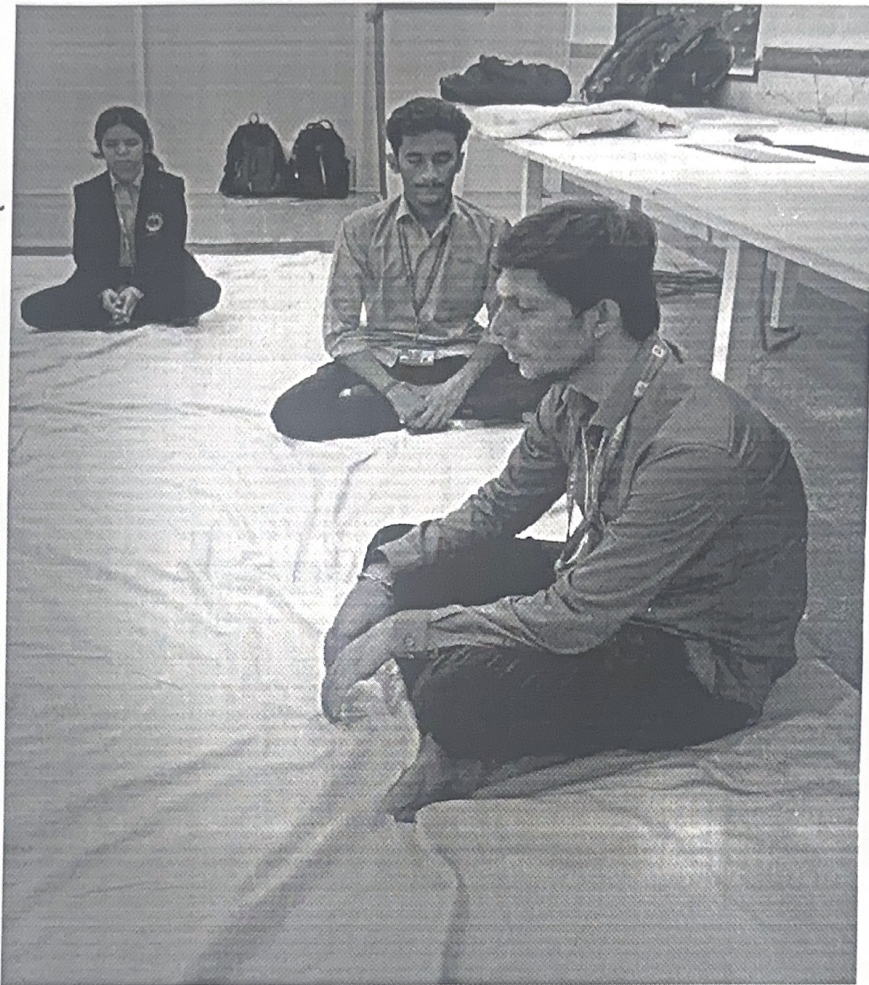
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**SAMPLE PHOTOS DURING THE SESSION
SESSION HANDLED PHOTOS BY RESOURCE PERSON**



Participants engaged in a breathing and pranayama session during the "Art of Living Youth Empowerment" workshop, organized by the Svastha-Wellness Club from September 23 to 26, 2024. This exercise is aimed at promoting mental clarity and emotional balance as part of the holistic wellness program.

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Participants practice deep breathing techniques during the "Art of Living Youth Empowerment" workshop to enhance mental calmness and reduce stress. The pranayama session, a key component of the program, focuses on rhythmic breathing to promote emotional stability and overall well-being.

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The "Art of Living Youth Empowerment" workshop brought together enthusiastic students, dedicated coordinators, and knowledgeable resource persons who contributed to the program's success. Convened by Dr. M. Ashok, Principal, the event fostered an environment of learning, growth, and community engagement among all participants.

M. Ashok




CMDE. H G HARSHA
CHAIRMAN
VYAKTI VIKAS KENDRA, INDIA



Certificate

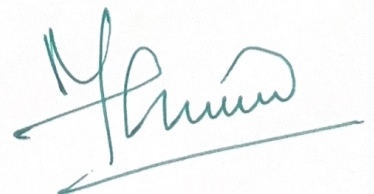
This certificate has been awarded to

TARANTEJ KAUR

in recognition of successful completion of Youth Empowerment & Skills
workshop (YES!+)

held at MALLARAOJI College, HYPOTHESE
from 23/9 to 24/9

Implementation of Knowledge and practice of the techniques taught in
this workshop ensure a strong healthy body, a relaxed peaceful mind &
a responsible proactive attitude






CMDE. H G HARSHA
CHAIRMAN
VYAKTI VIKAS KENDRA, INDIA



Certificate

This certificate has been awarded to

PRIYANKA KOTHIVAL

in recognition of successful completion of Youth Empowerment & Skills
workshop (YES!+)

held at MALLAREDDY COLLEGE HYDERABAD

from 23/9 to 26/9

Implementation of Knowledge and practice of the techniques taught in
this workshop ensure a strong healthy body, a relaxed peaceful mind &
a responsible proactive attitude.



Certificate

This certificate has been awarded to

MEETA UPADHYAY

in recognition of successful completion of Youth Empowerment & Skills

workshop (YES!+)
held at MALLA REDDY COLLEGE HYDERABAD
from 23/9 to 26/9

Implementation of Knowledge and practice of the techniques taught in
this workshop ensure a strong healthy body, a relaxed peaceful mind &
a responsible proactive attitude.



CMDE. H G HARSHA
CHAIRMAN
VYAKTI VIKAS KENDRA, INDIA

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Certificate

This certificate has been awarded to

PAWAN KUMAR

in recognition of successful completion of Youth Empowerment & Skills
workshop (YES!+)

held at MALLA REDDY COLLEGE HYDERABAD
from 23/9 to 25/9

Implementation of Knowledge and practice of the techniques taught in
this workshop ensure a strong healthy body, a relaxed peaceful mind &
a responsible proactive attitude.



CMDE. H G HARSHA
CHAIRMAN
VYAKTI VIKAS KENDRA, INDIA