



S. R. K. R. Engineering College

(Autonomous)

China Amiram, Bhimavaram – 534204



Report of the Event on “Happiness (vip) 2017 - 2018 ”

Event	Happiness Course
Occasion	Happiness Course
Department Organised	PAIE CELL
Start date	19/05/2017
End date	21/05/2017
Venue	I - Block
Teachers	Dr P Bhavani , P Ramesh raju
Description of the Event	The Happiness Program gives you expert training in a series of yogic breathing techniques which can reduce stress, relieve anxiety & depression, and bring back a clear and positive state of mind.
Participants list	Yes (provided below)
Event Photos	Yes (provided below)
Resource person / Chief Guest	Ravi kanchibhotla ,Principal, SRKREC, Bhimavaram

**S.R.K.R. ENGINEERING COLLEGE: CHINA-AMIRAM:
BHIMAVARAM**

INVITATION

Date: May 15, 2017

We Cordially invite you to take part in the Happiness Program (VIP'S). Organised by PAIE Cell SRKR engineering college at college auditorium (I-101) I-block. On 19-05-2017 to 21-05-2017 at 5:00 AM to 8:00 AM .



G.P. = 5
PRINCIPAL

**PRINCIPAL
S.R.K.R. Engg. College
BHIMAVARAM-534 204.**

C.C. to:-

- 1) The Secretary & Correspondent, SRKREC
- 2) Principal's table
- 3) The Vice-Principal (Academic)
- 4) The In-charge, Yoga Club (PAIE), SRKREC
- 5) All Heads of the Departments
- 6) The In-charge, P.G. Administration
- 7) The Librarian 8) The Physical Director
- 9) The College Engineer
- 10) The In-Charge, GCC circulation
- 11) The in-charge, T & P staff.
- 12) The In-charge, Technology Centre
- 13) A.O.SRKREC 14) Management Office
- 15) Principal's Office all sections
- 16) The In-charge, Students Affairs
- 17) The Wardens, Hostel Block A, B & C
- 18) All Notice Boards 19) Master file.

Directed to arrange for
among their department



Happiness Program

Over **60 independent studies** have noted the benefits of **Sudarshan Kriya™** and related breathing exercises taught on the *Happiness Program*:

Depression decreases	Stress decreases	Deep Sleep increases	Well-Being increases
70% REMISSION RATE IN ONE MONTH	50% REDUCTION IN THE HORMONE SERUM CORTISOL	218% IMPROVEMENT	50% INCREASE IN HORMONE SERU PROLACTIN

19 May to
21 May 2017

THE ART OF LIVING

contact us : +91 97011 13599, +91 99899 27666

SUMMARY

The Happiness Program gives expert training in a series of yogic breathing techniques which can reduce stress, relieve anxiety & depression, and bring back a clear and positive state of mind.

Tried meditation, but frustrated with your mind wandering? The central technique of The Happiness Program program, Sudarshan Kriya, is a simple yet powerful breathing technique that effortlessly draws you into a deep state of meditation.

Understanding the nature of the mind gives you a greater perspective on life. This enables you to not get bothered by issues that used to create frustration, impatience, worry and more.

Enjoy our effortless approach ... Learn easy yoga poses you can incorporate into your day for greater health, focus, and relaxation. Unique guided meditations that give you a glimpse of the beauty within.

EVENT PHOTOS



Happiness course by professional trainer Ravi kanchibotla



Second stage pranayama during the course



Group photo of all the course Participants

PARTICIPANTS LIST

Happiness Course for VIP'S

15-05-2017

1. D. Vaishnavi - 994933588
2. A. Siva Rama Raju - 9866623459.
3. Aditya Krishnam Raju - 9848955665
4. Anjaneya Raju - 9848944999
5. Govinda Rao - 9848553399
6. Rama Krishna Rao - 9848142800
7. G. Pandurangaraju - 9848051123
8. Neeladai - 9848030709
9. B. Rama Krishnan - 98480142808
10. Satyanarayana Raju - 9492522388
11. G. P. S. Varma - 9948033033
12. Srinama Reddy - 9848044489
13. Prasad - 8985194124
14. Surya Narayana Raju - 9493588888
15. Srinivas Rao - 9666832284
16. Satya Murthy - 9949545671
17. A. Venkateswararaju - 9848053302
18. P. Rama Sita - 9885858548
19. Ch. Usha - 9502287155
20. A. Aruna - 9494922226

INCHARGE

P. Bheri

PAIE