



S. R. K. R. Engineering College

(Autonomous)

China Amiram, Bhimavaram – 534204



Report of the Event on “AMC 2019 -2020 ”

Event	ADVANCE MEDITATION COURSE
Occasion	ADVANCED MEDITATION COURSE 2019-2020
Department Organised	PAIE CELL
Start date	20/02/2020
End date	23/02/2020
Venue	I - Block
Teachers	Swami Suryapada Ji, Swami Nirmalananda ji and other aol teachers
Description of the Event	The Art of Living's Advanced Meditation Program is a residential program which takes you deeper into your spiritual practices with advanced insights on the laws governing our mind and emotions as well as advanced breathing techniques that are easy to remember and can be practised at home.
No of Participants	84
Participants list (excel sheet link)	Yes (provided below)
Event Photos	Yes (provided below)

SAGI RAMA KRISHNAM RAJU ENGINEERING COLLEGE (A)

CHINNA AMIRAM(P.O)::BHIMAVARAM::W.G.Dt.,A.P.,INDIA::PIN:534204

CIRCULAR

Date:14-02-2020

A program on "Art of Living" ("Advance Meditation Course" COURSE) for B.Tech students designed by Sri Sri Ravi Shankar, will be conducted by PAIE cell of our college from 20-02-2020 to 23-02-2020 in Alluri Sitarama Raju. Designed by Vyakittiva Vikas Kendra of Bangalore

Interested students may register their names with Dr.P.Bhavani, Assistant Professor of the Department of Engineering chemistry during working hours of the college. All students are hereby advised to utilize this opportunity.



17/2/20
PRINCIPAL
S.R.K.R. Engg. College
BHIMAVARAM-534 204

C.C. to
The Secretary cum Correspondent, for information
The Principal Table
All Heads of the Departments
The Incharge, PAIE cell
The Incharge, WEC
The Dean, R&D, WET Centre
The Physical Director,
The Incharge, Central Library
The Hostel Wardens
All notice boards
The Incharge Construction Department



SUMMARY

Build upon your experience of freedom from the Happiness Program with a profound spiritual immersion. The Art of Living's Advanced Meditation Program is a residential program which takes you deeper into your spiritual practices with advanced insights on the laws governing our mind and emotions as well as advanced breathing techniques that are easy to remember and can be practised at home.

The hollow and empty meditations taught in the program along with other group processes bring about a deep cleansing from within leaving you feeling energetic and fresh for months on end.

Deep Meditations

A set of "Hollow and Empty" guided meditations created by Gurudev Sri Sri Ravi Shankar is the core part of the program. These meditations are geared toward drawing out the deepest layers of stress and tension from our nervous system.

Absolute Silence

Silence in the true sense is much more than not speaking. It is about giving a break to the chattering mind which gives way to renewing ourselves physically, mentally and spiritually. Silence during the program results in deeper rest for our mind, body and soul.

Mudras And Pranayama

Along with breathing exercises and advanced meditations, a series of simple and effective Pranayamas and Mudras - a subtle technique to balance the mind and emotions, are taught in the program which can be practised along with other meditations.

Yoga And Wisdom

Unite the body and mind with authentic morning forms of yoga and meditation to start a day. Explore the pillars of knowledge which open up multiple dimensions of our perceptions about various aspects of life, the world around us and aspects of life beyond self.

EVENT PHOTOS



Students participation in satsug

LIST OF VOLUNTEERS

S No	Name of the volunteers	Phone No
1	sai swaroop Desula	9121413465
2	Karunakar ALLA	8121862334
3	Tejaswini karanam	9390055402
4	Bhavya sri sanku	6303562554
5	Jhansi Nagalla	9701295781
6	Divyasri Ambati	9381378337
7	Adapa Pooja Venkata Ramana	7901553579
8	karumuri.Ambica naga venkata sai supraja	7659841259
9	Manosmi Gundu	9494847794
10	Nagaswapna Dasari	7386965831
11	Mohammad Umantabassum	9652489470
12	Annamaneni Bhargavi	9390066227
13	Sunil kalikayi	7075035683
14	Lokesh mandru	9391255950

PARTICIPANTS LIST

2019-20 ADVANCE MEDITATION COURSE (AMC)		
<u>S.No</u>	<u>Name</u>	
1)	M. Pujitha	<u>M. Pujitha</u>
2)	Ch. Tejasai Sree	Teja
3)	A. Pooja	Pooja.
4)	N. Lavanya	Lavanya
5)	S. L. Prathysha	SL. Prathysha
6)	P. Vineetha	<u>R. Vineetha</u>
7)	A. Divya Sri	Divya
8)	R. Vinutha	Vinutha
9)	D. Sravya	Sravya.
10)	K. Sai Sowmya	Sai Sowmya
11)	G. Manasi	Manasi
12)	B. Harshika	Harshika
13)	D. Surekha	Surekha
14)	G. Sahitya	<u>Sahitya</u>
15)	N. Jhansi	Jhansi
16)	N. Jahnvi (Jr)	<u>N. Jahnvi</u>
17)	E. Abhinaya	Abhinaya
18)	K. Teja Swarni (Jr)	Tejaswini
19)	P. Teja Sree	Tejasree
20)	A. Harika	Harika
21)	S. Haripriya	Priya.
22)	A. Sravani	Sravan.

INCHARGE

P. Bhargava
PAIE

<u>S.No</u>	<u>Name</u>	
23)	N. Mangna	
24)	P. Varalakshmi	Varalakshmi
25)	M. Divija	M. Divija
26)	Ch. Meenakshi Bhanu	Bhuvan.
27)	K. Gayatri	Gyatri
28)	K. Chandini	K. Chuchin
29)	M. Krishna Priya	Krishna
30)	Swapna	Swepna.
31)	Durga naga Sri	D. nag
32)	Suprja	Suprja
33)	L. Sai Latha	Sailutetu
34)	Aparna devi	A. Devi
35)	V. Sai Sujana	Sanjana
36)	Mounica (Jr)	Mounica .
37)	Ramya	Ramya
38)	A. Bhargavi	A. Bhargavi
39)	Neehan Mavuduru	Neehan.
40)	K. Sunil	K. Sunil
41)	D. Ajay Kumar	D. Ajay
42)	D. Suresh	D. Suresh.
43)	S. Purma Aditya	Aditya
44)	M. Lokesh	M. laksh
45)	A. neetham kumar	kumar .
46)	Jaswanth. k	k. Jaswanthp. Bhar
47)	D. Venkata Ganesh	Ganesh
48)	P. Narendra	Narendra.

INCHARGE

P.A.E

<u>No</u>	<u>Name</u>	<u>Bhuru</u>
49)	G. Bhuvamesh	Kauntik
50)	S. Naga Sai Karthik	Shivashankar
51)	T. Shiva Shankar	P. Venu Madhavan
52)	P. Venu madhavan	Unishkumar
53)	M. Vinay Kumar	Vinay
54)	D. Vinay Kumar	Samrath
55)	P. Somanadh	Bhanu
56)	Bhanu Prakash	Shiz
57)	MD. Shazad	Saketh
58)	S. Saketh	
59)	Sri Vamsi. B	Sri Vamsi
60)	Tarak	Tarek
61)	Nagaraj	Nagar
62)	Abhilash	Abhilash
63)	Vamsi Krishna	Hitesh
64)	Bhargav	Bhargav
65)	Rajesh	Rajesh
66)	Sri ram	Ram
67)	Srovan	Srovan
68)	Sarath	Sarath
69)	Balaji	Balaji
70)	Pradeep	Pradeep
71)	Kumar Sai	Sai
72)	Lokesh	Lokesh
73)	Umesh	Umesh
74)	G. Seshu Sathwik	
75)	Praveen	

INCHARGE

PAIE

SNO.	Name		
76)	Neeladri Raju	Neeladri Raju	11
77)	Kamal Kumar	Kamal Kumar	60
78)	Divya Sri	Divyasri	62
79)	K. Harsha Varallam	Harsha Varallam	62
80)	Yasodha .S	Yashodha	62
81)	Madhavi .K	Madhavi	62
82)	Dinesh Reddy	Reddy .	62
83)	Dwija Alla	Dwija	62
84)	Avinash . K	Avinash	62
		INCHARGE	
		P. Bharathi	
		PAIE	