

S. R. K. R. Engineering College



(Autonomous)

China Amiram, Bhimavaram – 534204





Report of the Event on "Rudra Pooja"

Event Title	Rudra Pooja
Occasion	Karthikamasam
Department Organised	PAIE CELL
Conducted on	13-11-2022
No of days	3 days
Venue	Vinayaka Temple
Summary	Yes (provided below)
Participants list	Yes (provided below)
Event Photos	Yes (provided below)

Introduction:

ART OF LIVING organisation performing the rudra pooja in every sector area of whole Andhra Pradesh, coming across to this event our college management take apart of this and performed a rudra pooja in “SRKR Engineering College” under the “PAIE CELL” On 13-11-2022 sunday with the timings 8:00 am at ganapathi temple. PAIE CELL incharge DR.P.Bhavani invited the principal of SRKREC DR.M.JAGAPATHI RAJU as a chief guest.

Circular:

<p>SAGI RAMA KRISHNAM RAJU ENGINEERING COLLEGE(AUTONOMOUS) CHINA-AMIRAM : BHIMAVARAM: W.G.Dt. A.P INDIA PIN 534204</p> <p>CIRCULAR</p> <p>Date: 12-11-2022</p> <p>It is to inform all the faculty and students of SRKREC that "RUDRA PUJA" is going to be held at our college organised by PAIE Cell in association with Art of Living and Vayakti vikas kendra on the occasion of Kartheeka Masam on 13th November, 2022. All the students and the faculty are hereby requested to take part in the ritual.</p> <p>Venue : Vinayaka Temple, SRKR Engineering College.</p> <p>Time : 08:00 a.m.</p> <p>The Principal's Table The Management Office All Heads of the Departments (9 Depts.) The Head, Tech. Centre The Dean, R & D.WET Centre The Dean, Evaluation (A) The Dean, IQAC Cell The In-charge, T & P Cell The In-charge, PAIE Cell The College Engineer The Manager, Principal's Office The H.R. Manager The Dispensary Principal's Office all sections Circulation to all class rooms/ Exams halls.</p> <p>The Head, CBR The Dean, Academics The Dean, T & P Cell The Head, Nanotechnology, The Physical Director The In-charge, G.C.C The College Stores The Transport Dept. All Notice boards The Hostel Warden, A, B & C Blocks Office file (DPS) Master file.</p> <p>SAGI RAMA KRISHNAM RAJU ENGINEERING COLLEGE(AUTONOMOUS) CHINA-AMIRAM : BHIMAVARAM: W.G.Dt. A.P INDIA PIN 534204</p> <p>CIRCULAR</p> <p>Date: 12-11-2022</p> <p>It is to inform all the faculty and students of SRKREC that "RUDRA PUJA" is going to be held at our college organised by PAIE Cell in association with Art of Living and Vayakti vikas kendra on the occasion of Kartheeka Masam on 13th November, 2022. All the students and the faculty are hereby requested to take part in the ritual.</p> <p>Venue : Vinayaka Temple, SRKR Engineering College.</p> <p>Time : 08:00 a.m.</p> <p>The Principal's Table The Management Office All Heads of the Departments (9 Depts.) The Head, Tech. Centre The Dean, R & D.WET Centre The Dean, Evaluation (A) The Dean, IQAC Cell The In-charge, T & P Cell The In-charge, PAIE Cell The College Engineer The Manager, Principal's Office The H.R. Manager The Dispensary Principal's Office all sections Circulation to all class rooms/ Exams halls.</p> <p>The Head, CBR The Dean, Academics The Dean, T & P Cell The Head, Nanotechnology, The Physical Director The In-charge, G.C.C The College Stores The Transport Dept. All Notice boards The Hostel Warden, A, B & C Blocks Office file (DPS) Master file.</p>	 PRINCIPAL	 PRINCIPAL
---	---	---

SIGNIFICANCE OF RUDRAPOOJA:

When someone asked Adi Shankaracharya what is that one thing that can give you liberation as well as all material pleasures and achievements, Shankaracharya replied, “**Shri Rudram.**”



Shri Rudram or Rudra Puja is a set of mantras that are done to invoke and pay obeisance to the Shiva tattva (Shiva energy/ principle) in the cosmos. These mantras will not only help one grow spiritually, but it will also help one achieve everything else that they desire in their material life. Let's find out how a Rudra Puja is performed and what are the different aspects of these chants.

Namakam: Namakam is recognizing the presence of Shiva *tattva* in everything. As per quantum physics, we are all made up of the same energy. This part of Rudram is done to recognize that the same energy pervades in everyone and everything. For example, obeisance is paid even to the bow and arrows of the Rudra. At one place, the chant mentions:

Vanchit Patriarchate, Taska Ranaye Namoh Namaha

Chamakam: In this, we recognize that all of the things present in the existence are within us. So, that *tattva* or Rudra is present everywhere and everything that contains that energy is within me. And here we worship the presence of that Rudra within us.

QUESTION AND ANSWERS SESSION GIVEN BY MATAJI (PRASHEEDA):

1) Jai gurudev....How a person can free from relations and bondings ...is it possible and how??

Relation and Bondings: It is because you love someone, that you give yourself... and then you start making demands on that relationship. Now, when you start demanding, love diminishes.

Three things are essential in any relationship – right perception, right observation and right expression.

Right perception can happen, when you see yourself, in the shoes of the other person – when you stand in his/her shoes and look at the situation. Observing your own mind is essential. This observation within you – the observation of sensations, the observation of tendencies, the observation of the patterns we have – is essential.

2) Is it possible to increase our thinking, knowledge levels naturally?

yes, obviously knowledge increases naturally by practicing the “Sudarshan Kriya” and food habits. These are 3 types

a) Satwik food (light spicy and raw vegetables, boiled food)

b) Rajasik food (food with full spicy and less digestion food)

c) Tamasik food (non-veg)

3) What is will power and is there any power greater than that?

LOVE is grater than will power.simply we can say LOVE MOVES THE WORLD.

4) How to get rid of laziness and how to know our potential?

We all know that feeling of not wanting to do anything or postponing a few somethings.

It could be after a particularly busy period, deadlines, or stress. It's alright for all of us to want those 'relaxed' moments. But what happens when those moments get extended, again and again. When you just don't want to do anything? Or are you postponing a whole lot of activities that you know you should be doing? What happens then?



it is important to remove the label of being lazy. If you don't, you will continue to behave accordingly. And when you finally do, you will see the sneak peek of a possibility. A possibility of change, a chance of undoing older patterns and seeking new ones.

5) How to avoid negative thinking and thought's?

Get Busy

When you recognize a negative thought, get busy. If you simply sit, you will keep thinking a lot.

Improve circulation in your body

If your head is filled with too many thoughts, lie down on the floor and keep rolling and you will see the circulation in the body improves. When circulation improves then the mind feels better. That is the reason they do *shayana pradakshinam* (a form of worship done by rolling on the floor). Experience it and see how there is a change in your mind. **Pranayama and Meditation.** It is very effective and instantly calms your mind down. **Intestinal Cleansing** if you are bombarded with too many negative thoughts, know that something must be wrong with your bowel movement. Do Shankh Prakshalan (intestinal cleansing). That would also help.

Become a witness to your thoughts

You cannot stop a thought or know a thought before it comes. And when it comes, it also goes away immediately. If you are a witness to the thought, it simply drifts away and vanishes. But if you hold on to it and chew on it, then it stays with you. Thought's come and go, but *that* which is the basis of thoughts – is the *atma* (soul). And that is what you are. You are like the sky, and thoughts are like clouds. This could be the nearest example one can give. Clouds come and go in the sky, but can they disturb or limit the vastness of the sky in any way? No, not at all. So when you fly above the clouds, when you go beyond the clouds, you see that the sky is untouched. It is the same, it is unchanged. It is only the thoughts which keep moving. This is what happens in meditation.

When you come into *Sakshi bhaav*, i.e., when you simply become a witness to the thought's we do not have to attach ourselves to the thoughts. That is foolishness. Whether they are good thoughts, or bad thoughts – they come and go. You are far above and beyond all this.

6) What is importance of spirituality and materialistic life? And how it is use full for students?

.A sincere student gives up all material comforts in the quest for knowledge. Can the quest for knowledge and that of material comforts not go hand in hand. By practicing spiritual practices increases the knowlege power and intuition levels which impacts the career development much better . Right understanding at right moment happens both the areas with right decision comes while practicing spiritual practices.

As mentioned above, the pacifying effect of *Shri Rudram* brings up a deep wisdom in us. For students, this is essential because nowadays studying has become only learning certain things and then vomiting it in the exams. But when wisdom dawns, a student will be able to identify how all the knowledge can be applied for a larger purpose. Students can become more adept at application of knowledge



OVERAL CONCLUSION BY INCHARGE:

Thanks for giving the opportunity for organising the pooja in our college.thanks for principal sir and the students who have attend the pooja which made it as a successful event.



Sl. No.	Reg. No.	Name	Age	Sex	Religion	Address	Remarks
1	10000001	Mr. A. K. Singh	45	M	Hindu	10000001	
2	10000002	Mr. B. K. Singh	40	M	Hindu	10000002	
3	10000003	Mr. C. K. Singh	35	M	Hindu	10000003	
4	10000004	Mr. D. K. Singh	30	M	Hindu	10000004	
5	10000005	Mr. E. K. Singh	25	M	Hindu	10000005	
6	10000006	Mr. F. K. Singh	20	M	Hindu	10000006	
7	10000007	Mr. G. K. Singh	15	M	Hindu	10000007	
8	10000008	Mr. H. K. Singh	10	M	Hindu	10000008	
9	10000009	Mr. I. K. Singh	5	M	Hindu	10000009	
10	10000010	Mr. J. K. Singh	4	M	Hindu	10000010	
11	10000011	Mr. K. K. Singh	3	M	Hindu	10000011	
12	10000012	Mr. L. K. Singh	2	M	Hindu	10000012	
13	10000013	Mr. M. K. Singh	1	M	Hindu	10000013	
14	10000014	Mr. N. K. Singh	0	M	Hindu	10000014	
15	10000015	Mr. O. K. Singh	0	M	Hindu	10000015	
16	10000016	Mr. P. K. Singh	0	M	Hindu	10000016	
17	10000017	Mr. Q. K. Singh	0	M	Hindu	10000017	
18	10000018	Mr. R. K. Singh	0	M	Hindu	10000018	
19	10000019	Mr. S. K. Singh	0	M	Hindu	10000019	
20	10000020	Mr. T. K. Singh	0	M	Hindu	10000020	
21	10000021	Mr. U. K. Singh	0	M	Hindu	10000021	
22	10000022	Mr. V. K. Singh	0	M	Hindu	10000022	
23	10000023	Mr. W. K. Singh	0	M	Hindu	10000023	
24	10000024	Mr. X. K. Singh	0	M	Hindu	10000024	
25	10000025	Mr. Y. K. Singh	0	M	Hindu	10000025	
26	10000026	Mr. Z. K. Singh	0	M	Hindu	10000026	
27	10000027	Mr. A. K. Singh	0	M	Hindu	10000027	
28	10000028	Mr. B. K. Singh	0	M	Hindu	10000028	
29	10000029	Mr. C. K. Singh	0	M	Hindu	10000029	
30	10000030	Mr. D. K. Singh	0	M	Hindu	10000030	
31	10000031	Mr. E. K. Singh	0	M	Hindu	10000031	
32	10000032	Mr. F. K. Singh	0	M	Hindu	10000032	
33	10000033	Mr. G. K. Singh	0	M	Hindu	10000033	
34	10000034	Mr. H. K. Singh	0	M	Hindu	10000034	
35	10000035	Mr. I. K. Singh	0	M	Hindu	10000035	
36	10000036	Mr. J. K. Singh	0	M	Hindu	10000036	
37	10000037	Mr. K. K. Singh	0	M	Hindu	10000037	
38	10000038	Mr. L. K. Singh	0	M	Hindu	10000038	
39	10000039	Mr. M. K. Singh	0	M	Hindu	10000039	
40	10000040	Mr. N. K. Singh	0	M	Hindu	10000040	
41	10000041	Mr. O. K. Singh	0	M	Hindu	10000041	
42	10000042	Mr. P. K. Singh	0	M	Hindu	10000042	
43	10000043	Mr. Q. K. Singh	0	M	Hindu	10000043	
44	10000044	Mr. R. K. Singh	0	M	Hindu	10000044	
45	10000045	Mr. S. K. Singh	0	M	Hindu	10000045	
46	10000046	Mr. T. K. Singh	0	M	Hindu	10000046	
47	10000047	Mr. U. K. Singh	0	M	Hindu	10000047	
48	10000048	Mr. V. K. Singh	0	M	Hindu	10000048	
49	10000049	Mr. W. K. Singh	0	M	Hindu	10000049	
50	10000050	Mr. X. K. Singh	0				