

S. R. K. R. Engineering College



(Autonomous)

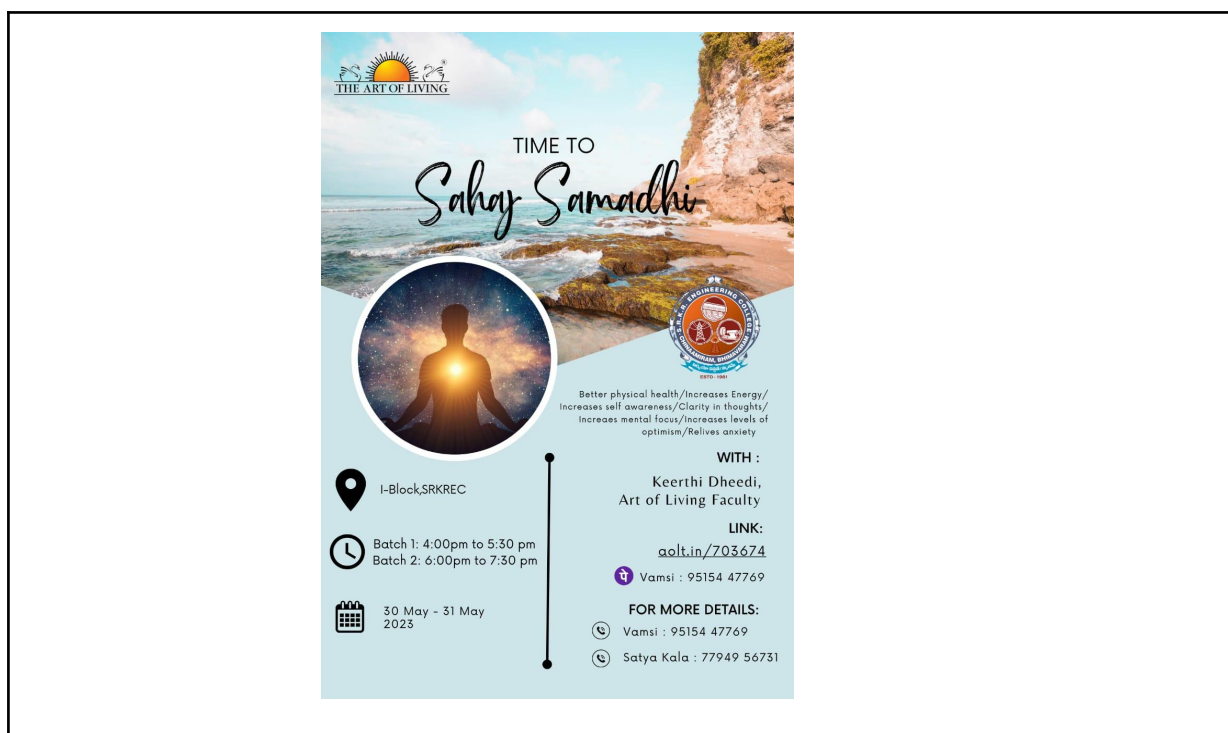
China Amiram, Bhimavaram – 534204



Report of the Event on "Sahaj Samadhi Program"

Event Title	Sahaj Samadhi Program
Department Organised	PAIE CELL
Start date	30-05-2023
End date	31-05-2023
No of days	2 days
Venue	Yoga Hall,S-Block
Teachers	B.Keerthi (International AOL Teacher), Dr P Bhavani , P Ramesh raju
Summary	Yes (provided below)
Participants list	Yes (provided below)
Event Photos	Yes (provided below)

Event Poster/Brochure:



Summary:

Seniors will organize the Sahaj Samadhi Programme for two to three days to take care of the freshers and show them the right path to follow.

Introduction:

The Sahaj Samadhi Programme, offered by Art of Living, is a meditation course designed to provide individuals with a practical and effective technique for achieving deep relaxation and mental clarity. This summary report provides an overview of the Sahaj Samadhi Programme, including its objectives, techniques taught, and benefits experienced by participants.

Objectives:

The primary objective of the Sahaj Samadhi Programme is to enable participants to experience a state of deep meditation effortlessly. The program aims to help individuals achieve a balanced and stress-free state of mind, enhance their overall well-being, and promote inner peace and self-realisation.

Techniques Taught:

1. Personalised Mantra: Participants are given a personalised mantra, a sacred sound or phrase, during the course. The mantra acts as a tool to settle the mind and facilitate deep

meditation. Each individual receives a unique mantra, which is kept confidential and tailored specifically to their needs.

2. Meditation Practice: Participants are taught how to use their personalised mantra to effortlessly dive into a deep meditative state. The practice involves sitting comfortably with closed eyes and mentally repeating the mantra. Through regular practice, participants learn to go beyond the surface level of thoughts and experience a state of inner calm and stillness.

Benefits:

1. Stress Reduction: Regular practice of Sahaj Samadhi meditation helps individuals manage and reduce stress levels. The deep relaxation achieved during meditation allows for the release of accumulated stress and tension, promoting a sense of calm and well-being.

2. Improved Focus and Clarity: The practice of Sahaj Samadhi enhances mental clarity and concentration. By quieting the mind and reducing mental chatter, participants experience improved focus, enhanced creativity, and greater mental efficiency in their daily lives.

3. Increased Energy Levels: Sahaj Samadhi meditation revitalises the mind and body, leading to increased energy levels. Regular practice can help individuals overcome fatigue and maintain higher levels of vitality throughout the day.

4. Emotional Well-being: The meditation technique taught in the program helps individuals gain a greater sense of emotional stability and resilience. Participants often report a reduction in anxiety, depression, and other emotional imbalances, leading to improved overall well-being.

Conclusion:

The Sahaj Samadhi Programme offered by Art of Living provides individuals with a practical and effective meditation technique to achieve deep relaxation, mental clarity, and emotional well-being. Through personalised mantras and guided instruction, participants learn to effortlessly dive into a state of profound meditation. The program's numerous benefits, including stress reduction, improved focus, increased energy levels, and emotional well-being, make it a valuable tool for individuals seeking personal growth and inner peace.

Program Structure :

The Sahaj Samadhi Programme is typically conducted over a period of two to three days, with each session lasting a few hours. The program is led by experienced teachers from the Art of Living foundation who guide participants through the various aspects of the meditation technique.

Event Photos

 <p>A group of approximately 15 people, including men and women of various ages, are posing for a group photo in a room. They are standing in front of whiteboards and a doorway. The room has light-colored walls and a wooden door.</p> <p>Bhimavaram, Andhra Pradesh, India GFWW+6CJ, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.545689° Long 81.495948° 30/05/23 06:16 PM GMT +05:30</p>	 <p>Keerthi Deedhi is standing and speaking to a group of people who are sitting on the floor in a circle. The room has whiteboards and a television on the wall.</p> <p>Bhimavaram, Andhra Pradesh, India GFWW+6CJ, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.545681° Long 81.495971° 30/05/23 06:09 PM GMT +05:30</p>
<p>Participants View</p>	<p>Keerthi Deedhi explaining about knowledge points</p>
 <p>Keerthi Deedhi is standing and speaking to a group of people who are sitting on the floor in a circle. The room has whiteboards and a television on the wall.</p> <p>Bhimavaram, Andhra Pradesh, India GFWW+6CJ, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.545571° Long 81.495979° 30/05/23 06:09 PM GMT +05:30</p>	 <p>A group of people are sitting on the floor in a circle, practicing the techniques of the sahaj samadhi programme. They are in a room with whiteboards and a television on the wall.</p> <p>Bhimavaram, Andhra Pradesh, India GFWW+6CJ, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.545558° Long 81.495963° 30/05/23 06:08 PM GMT +05:30</p>
<p>Keerthi Deedhi explaining about knowledge points</p>	<p>Practicing the techniques of sahaj samadhi programme</p>

Participated list

SAHAJ SAMADHI PROGRAM

(Participants)

- 1.Navya-1 /4 CSE
- 2.Jahnavi-1/4 ECE
- 3.Lasya-1 /4 CSE
- 4.Vanitha-2/4 CSE
- 5.Deepika-Outsider
- 6.Uday-1/4 CSE
- 7.Prasad-Faculty
- 8.Swapna-Faculty
- 9.Chandra Sekhar-Faculty
- 10.Diwakar-Faculty
- 11.Sailaja-Faculty
- 12.Tulasi Bhavani-Faculty


INCHARGE
PAIE

