

S. R. K. R. Engineering College



(Autonomous)

China Amiram, Bhimavaram – 534204



Report of the Event on “PRAJNA YOGA ”

Event Title	Prajna yoga (Intuition)
Department Organised	PAIE CELL
Start date	23-1-2023
End date	24-1-2023
No of days	2
Venue	I-Block
Teachers	Dr P Bhavani , P Ramesh raju
Participants list	Yes (Click me to see the participants list)
Event Photos	Yes (provided below)
Feed back	Yes (Click me to see the participants feedback)
Resource person / Chief Guest	G.Anoop

SAGI RAMA KRISHNAM RAJU ENGINEERING COLLEGE (AUTONOMOUS)
SRKR MARG: CHINA-AMIRAM:BHIMAVARAM:

C I R C U L A R

Date: 20-01-202

It is hereby informed to all the staff and students that **Prajna Yoga**(intuition course) is going to be organised by PAIE CELL in association with ART OF LIVING on 23-01-2023 and 24-01-2023. So the eligible students can register for the course.

Age limit:8 to 18 years old

For more information about **Prajna Yoga** go through this link given below
<https://www.artofliving.org/in-en/children-teens/programs/intuition-process>

Course Venue: I Block

Course timings: 5.00p.m to 8.00p.m

For registration details contact

P.Ramesh Raju - 9989927666

D.sai swaroop - 9121413465

Y.vamsi Krishna sai- 9515447769



c.c.to:

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 Physical Director

The In-charge, Central Library

The College Engineer

The Transport Dept.

The In-charge, WEC

The Warden, A,B & C Hostel Blocks

Principal's Office all sections

Office file (DPS)

The Head, CBR

The Dean, Academics

The Dean, T & P Cell

The Dean, IQAC

The In-charge,T & P Cell,

The In-charge, G.C.C

The Manager, Principal's Office

The In-charge, NSS

Circulation to all class rooms

All Notice boards

Master file

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Event Poster/Brochure:

THE ART OF LIVING

INTUITION PROCESS

Prajñā Yoga

AGE GROUP
8+ to 18 Years

How the Intuition Process can help kids and youth tap into their full potential:

DECISION MAKING SKILLS
Intuition brings the right thought at the right moment, leading to better decisions.

SELF CONFIDENCE
Accessing our intuitive abilities also means connecting with ourselves. Children establish a natural relation with themselves built on trust, harmony and love.

LEARNING SKILLS
Through their intuitive abilities children can access new learning skills. A whole new dimension of learning opens up.

COMMUNICATION SKILLS
Intuition helps to connect with people on a deeper level.

The only real valuable thing is intuition.
- Albert Einstein

January 22 & 23 | 4:45 pm to 8:00 pm
Venue: SRKREC, I- block
Contact: 9121413465, 9515447769
Register : <http://aolt.in/671300>

Schedule of the program:

Prajna yoga starts at 4:45pm on 23rd jan 2023 up to 8:45pm.

4:45 pm to 5:00 pm introduction meet with parents

5:00 to 7:00 pm training of the program later practice

On 24th jan 2023 at 5:00 pm course starts .

Games,practise what they thought ,implementation,demo to parents

Last group pic ended at 9:00pm

Summary:

Prajna Yoga, as practiced by the Art of Living organization, is a holistic approach to yoga that incorporates physical postures, breathing techniques, meditation, and wisdom teachings. It aims to promote overall well-being and self-realization by integrating the body, mind, and spirit.

The practice of Prajna Yoga begins with asanas (yoga postures) that help to improve flexibility, strength, and balance while promoting a sense of physical relaxation. These postures are typically performed in a sequence designed to flow smoothly and engage the body's energy centers.

Breathing exercises, known as pranayama, are an integral part of Prajna Yoga. These techniques involve conscious control and regulation of breath, which helps to calm the mind, increase focus, and enhance energy levels. Pranayama practices may include deep breathing exercises, alternate nostril breathing, and rhythmic breathing patterns.

Meditation is another essential component of Prajna Yoga. Through various meditation techniques, practitioners learn to quiet the mind, cultivate inner peace, and develop greater self-awareness. Regular meditation practice can lead to improved mental clarity, reduced stress, and enhanced emotional well-being.

In addition to the physical and meditative aspects, Prajna Yoga incorporates wisdom teachings derived from ancient scriptures and philosophies. These teachings explore topics such as the nature of the self, the interconnectedness of all beings, and the principles of mindfulness and compassion. The integration of wisdom teachings aims to foster personal growth, spiritual development, and a deeper understanding of oneself and the world.

Overall, Prajna Yoga offered by the Art of Living combines physical movement, breath control, meditation, and wisdom teachings to provide a comprehensive approach to yoga practice. By engaging the body, mind, and spirit, it aims to promote holistic well-being, enhance self-awareness, and support individuals in leading a more balanced and fulfilling life.

Note : Results may vary. Nature & extend of result depends on participation and practice

Event Photos



Childrens Participated in Prajna Yoga



Children interacting with other



Children practising intuition techniques



Children practising intuition techniques



Children practising intuition techniques



Children practising intuition techniques

Participants:

PRAJNA YOGA PARTICIPANTS

P.L.S.P.Aditya P

Vernika Gowtri

Sameeraz Guttula

Bhargavi Bonthu

Bindu Sri Bikkina

MUTALA LAKSHMI LAVANYA

Kalidindi Yashitha Sri Lakshmi Madhuri

Battula Poojitha raj

Ananya Sreeja Penmetsa

Aravapalli Moumitha

Vihaan Varma Kathari

Somika Alluri

Purna Chandrika N

Akshay Sarma Konakanchi

PANTADA RISHIKESH ANJITH VARMA

PANTADA MITHILESH VARMA

P.B.
**INCHARGE
PAIE**

