

S. R. K. R. Engineering College



(Autonomous)

China Amiram, Bhimavaram – 534204



Report of the Event on “Visit To Darapalle”

Event Title	Visit To Darapalle
Department Organised	PAIE CELL
Date	
Venue	Darapalle
A Description of the Event	A Visit to Darapalle which helped us to understand the essence of nature in daily life and how it help us for a better way of living
Participants list	Yes
Event Photos	Yes (provided below)
Feed back	Yes

Significance:

With the help of PAIE cell members and college management we got an opportunity to understand the beautiful nature and how it helps us to lead a holistic lifestyle and meet a guru from the Himalayas, his holiness Datta Padananda swami.

Summary:

Darapalle is a forest area near Kotananduru Mandal where his holiness Swami Dattapadananda garu a saint from himalayas who is well knowledged about spirituality and nature.He taught an effective meditation technique to us called Himalaya Meditation process.

We also attended a holistic homa and he addressed us the deep learnings of itihasa and puranas and how to inculcate them in our daily lives.We also had a question and answer sessions with swami Datta Padananda where some of were

Question:How to Get out of Laziness?

Answer: Laziness is lack of awareness of ourselves and the way to activate it is to do practice of meditations and having a goal is important and to achieve it we need concentration and focus and dedication which can be achieved through meditation.

Question:How does Nature help us to go inner?

Answer: If we see nature is full it is in abundance. The very thought of abundance gives us a feeling of contentment and happiness within. And contentment helps us to go deep into meditation which in turn helps to experience the experienter and go deep inside.

Then we had a wonderful meditation guided by Guruji and after we had a beautiful walk and trekking to the forest with his guidance and experienced the beauty of nature and listened to the silence of nature. After a healthy lunch we started back to college with lots of memories and knowledge.

Event photos:

