



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

Accredited by NAAC with B + Grade

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

Included under section 2(f) & 12B of UGC

Vatluru, Eluru - 534007



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SUSHUMNA KRIYA YOGA MEDITATION

AT

SIR C R REDDY COLLEGE FOR WOMEN , ELURU

RESOURCE PERSONS

SMT B. VASANTHI

Assistant Professor of B.A Department

DATE:18-02-2026 TO 19-02-26

ORGANIZED BY

**DEPARTMENT OF PHYSICAL EDUCATION ,NSS ADVISORY COMMITTEE
& HUMAN VALUES AND PROFESSIONAL ETHICS CELL**



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REPORT

Physical Education, NSS Advisory Committee, Human Values and Professional Ethics Cell in association with IQAC of Sri CR Reddy college for women, Eluru on 18th & 19th Feb, 2026 conducted an awareness programme for Degree students. Smt Anupama city co-ordinator of Sushumna Kriya yoga meditation for west-godavari district, Smt B. Vasanthi Rtd Assistant Professor of the B.A Department in Sir C R Reddy college , were the Resource persons, Smt.G. Sarala, Principal said that Meditation is a powerful tool for overall wellness.

Smt. Anupama said that Meditation is a timeless practice that nurtures mindfulness, reduces stress, and enhances overall well being. By cultivating a regular habit, participants can:

- Improve focus and productivity
- Manage anxiety and emotions better
- Boost creativity and self awareness
- Experience a deeper sense of calm and connection

The IQAC co-ordinator Smt. P. Hima Bindu said that meditation is a simple yet profound tool for navigating life's challenges with clarity and peace.

Smt B. Vasanthi gave some useful postures of yoga for the path of inner balance. Nearly 400 II Degree students and 450 I Degree students got benefitted with this programme.

Smt. B. Vasanthi madam concludes the session by saying that Meditation Boosts mental clarity and productivity. It enhances self awareness and emotional balance. Meditation also supports physical health and Immune system.

PHOTOS



Students actively participating in a Sushumna Kriya yoga meditation.



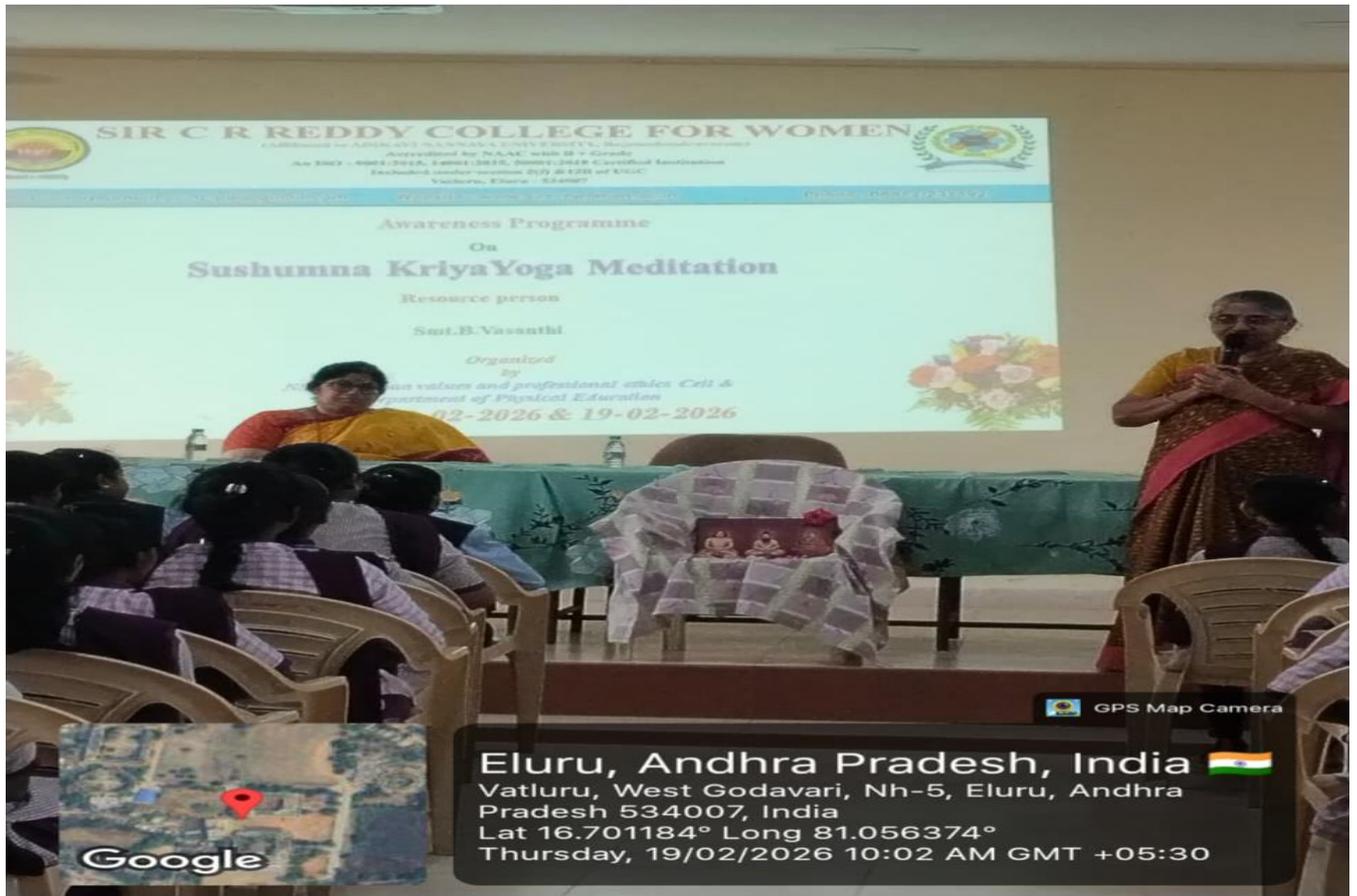
An interactive session on Meditation and Stress Management



Building focus, calmness, and emotional balance through Meditation.



Empowering young minds through Meditation and Self-awareness.



Students actively participates in the program