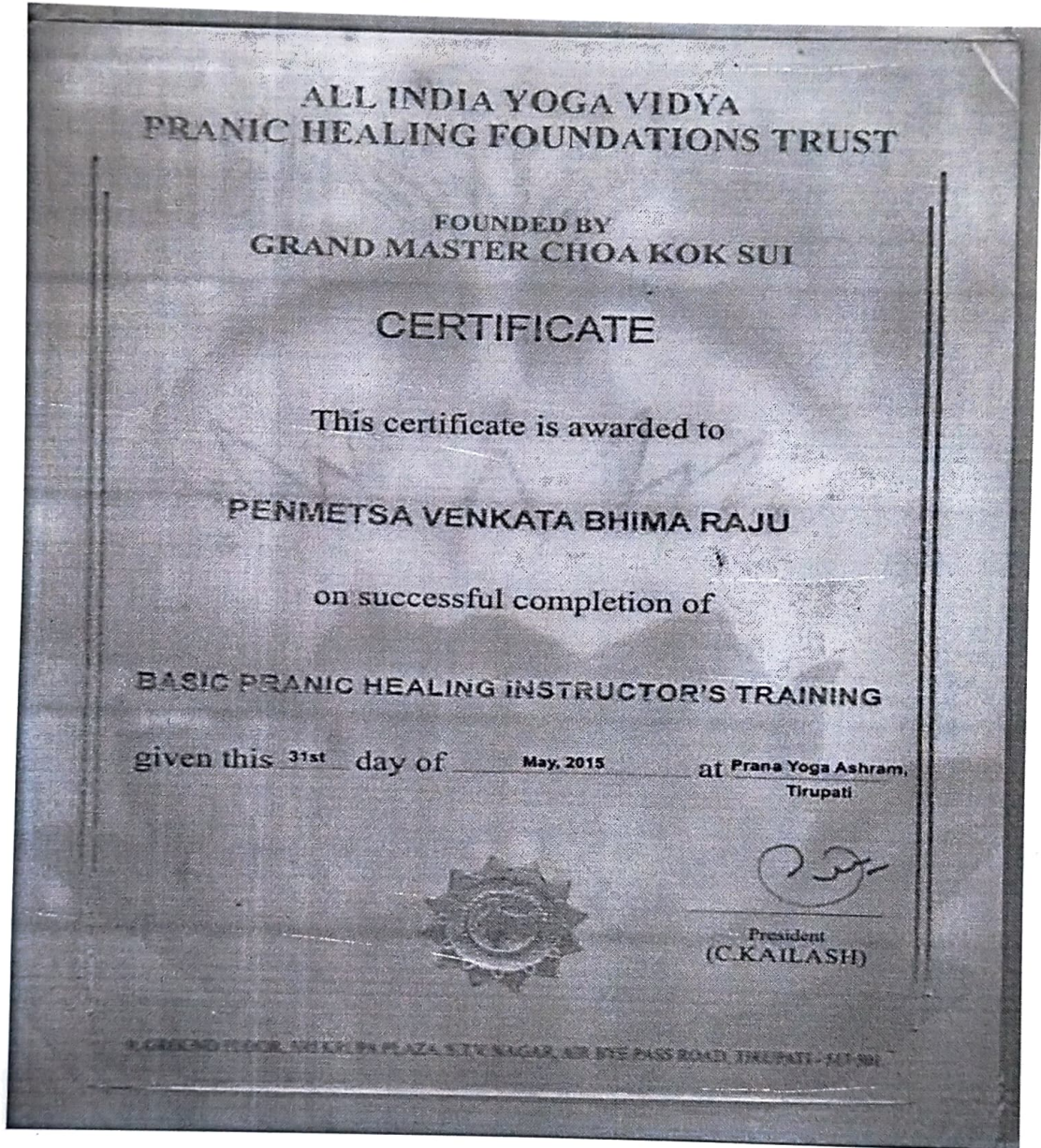


**3. Life skills (Yoga, physical fitness, health and hygiene):-**

Mr. Penmetsa Venkata Bhima Raju working as Assistant Professor in Department of MCA since 2015. He completed Basic Pranic Healing Instructors Training Certificate from ALL INDIA YOGA VIDYA PRANIC HEALING FOUNDATIONS TRUST MAY 2015. He Conducts Yoga and Physical fitness classes to the Students including Faculty and Supporting Staff of B V RAJU COLLEGE.

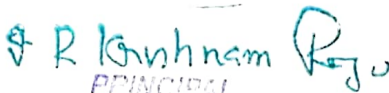
**Certificate of Mr. P V Bhima Raju**



*P. R. Krishnam Raju*  
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**Life skills Programs Conducted During Assessment Period:**

S.No	Academic year	Name of the capacity development and skills enhancement program	Place	Date of implementation (DD-MM-YYYY)	Number of students enrolled
1	2016-2017	Yoga Classes for Students	VEDIC, Hyderabad	12.09.2016 to 14.09.2016	70
2	2019-2020	Yoga Classes for Students	BVRC, Bhimavaram	26.10.2019	40
3	2019-2020	Yoga Class for Faculty	BVRC, Bhimavaram	07.11.2019 to 08.11.2019	40
4	2020 -2021	Yoga Classes for Students	BVRC, Bhimavaram	10.12.2020	50
5	2021 -2022	Yoga Classes for Supporting Staff	BVRC, Bhimavaram	21.07.2021 to 22.07.2021	40
6	2021 -2022	Yoga Classes for Students	BVRC, Bhimavaram	21.06.2022	70

  
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**1.Yoga Classes Conduced at VEDIC, Aziz Nagar, Hyderabad from 12.09.2016 to 14.09.2016 by Mr.P V Bhima Raju**



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B.V. RAJU<sup>8</sup> COLLEGE  
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*R Krishnam Raju*  
PRINCIPAL  
B.V. RAJU<sup>9</sup> COLLEGE  
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## B . V. RAJU COLLEGE

VISHNUPUR :: BHIMAVARAM

### YOGA PRACTICES ACADEMIC YEAR 2019-2020

Students of the BVRC regularly performing YOGA practices (Every Saturday) namely ana pana sathi based on inputs given by Swami Gjanananda Dhyana Kendra residing at VVS Gardens, BVRM.

Meditation masters D.Ravi Kumar, Ch.Ch.V.B.Vasanth (Disciples of Subhash patriji)

Yoga is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India, aimed at controlling and stilling the mind, and recognizing the detached 'witness-consciousness' untouched by the activities of the mind and mundane suffering.

Yoga's origins can be traced to northern India over 5,000 years ago. The word yoga was first mentioned in ancient sacred texts called the Rig Veda. ... Yoga is amongst the six schools of philosophy in Hinduism, and is also a major part of Buddhism and its meditation practices.

#### What yoga meditation is and what it is not

- Meditation is a process, resulting from a successful turning inwards of the mind and a conviction that there is a truth higher and more satisfying than what the mind and our intelligence can come up with. Usually people have to come to a dead-end in their search for happiness and solutions in the mental and sensual realm to start meditation seriously.
- Meditation is not separated from life. It can not be expected to work right away. It is a culmination of a purified and sattvic life. Best is to let go of all expectations and to keep oneself open and steady in the meditation practice.
- Attempts to withdraw the senses and to calm down the mind often lead to meditation. These are the 4<sup>th</sup> and 5<sup>th</sup> steps on the ladder of Raja Yoga. Meditation is the 7<sup>th</sup>. If you can not meditate yet, attempt to stay quiet, withdraw the senses and concentrate the mind. This is already very helpful.
- Asanas and pranayama practice are the 3<sup>rd</sup> and 4<sup>th</sup> steps towards meditation. Stabilized meditative postures and regulation of the breath help tremendously in calming the mind down.
- Meditation requires lots of prana and mental concentration. Regulating of lifestyle is helpful to conserv prana for the inner search and realization. This article goes in detail about How to Use our Prana Energy.
- A sick person with low prana has more difficulty to gather the rays of the mind and have enough prana to meditate. Resting in prayers at that time is helpful.
- A habitual practice of japa, repetition of mantras, keeps the mind fit for meditation. Mantras give prana to the mind and bring one directly in connection to pure transcendental energy.
- Success in meditation is seen in mental strength and calmness in daily life, not in experiencing fantastic psychic phenomena.
- Important realization: Depending on the guna and the person, meditation can lead the person to devotion to the Supreme, in whatever form or name, also the faith or conviction that there is a Truth or Light beyond one's darkness or confusion. Help the meditator to Connect wholeheartedly with the secure and fulfilled divine love. Bhakti Yoga is helpful to channel emotional energy and bring acceptance, humility and an attitude of self surrender necessary to balance out the mental concentration and will of a meditator. Meditation cannot be just a technique, separated from love and devotion.

*S. R. Krishnam Raju*

# LIST OF STUDENTS

S.No	Regd No	Name of the Student
1	163117101001	A V L MADHURI
2	163117101002	B.RAMESH
3	163117101003	B SRINIVAS
4	163117101004	B SHANMUKHA AYYAPPA
5	163117101005	B DIVYA SRI
6	163117101006	M DURGA PRASAD
7	163117101007	B SATYA YUGAJNA RANI
8	163117101008	B MOUNIKA LAKSHMI
9	163117101009	B VAMSI KRISHNA
10	163117101010	CH BALA MAHESH
11	163117101011	CH NAGA MANI
12	163117101012	CH DHANUNJAYA VARMA
13	163117101013	CH MADHURI
14	163117101014	D SRAVYA
15	163117101015	G SAI USHA SRI
16	163117101016	G D V KALYAN
17	163117101017	G SATYA PRASANNA
18	163117101018	G ROJA
19	163117101019	G YUGA LAKSHMI BHAVANI
20	163117101020	G RAMA DEVI
21	163117101021	G AJA RAJESWARI
22	163117101022	G Y SATISH
23	163117101023	K N L BHAVANI
24	163117101024	K RAMYA SRI
25	163117101025	K AKHIL

*R. Kishnam Raju*

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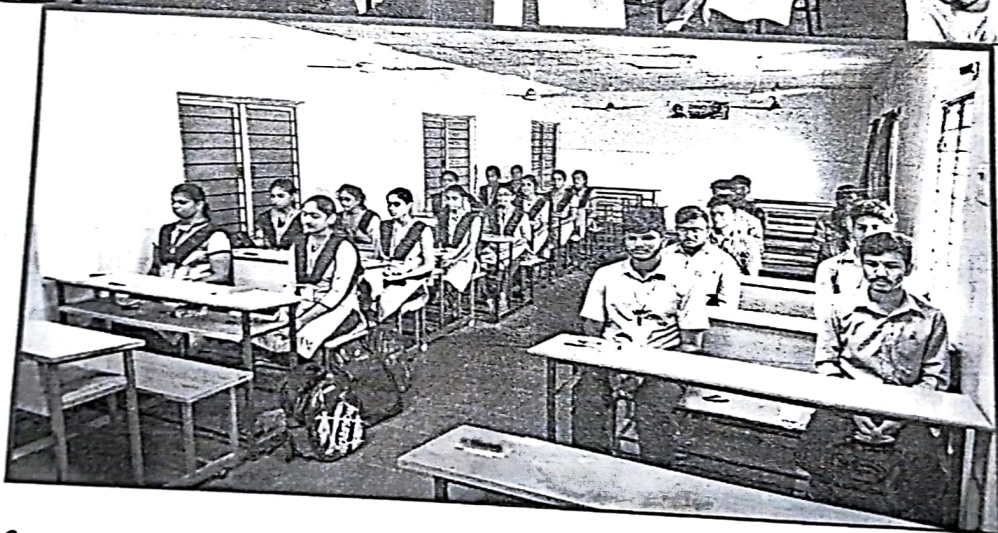
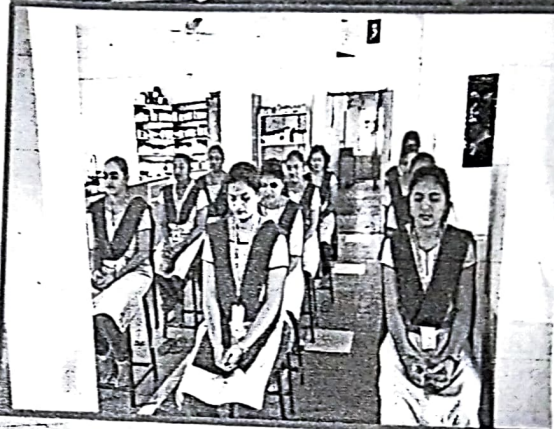
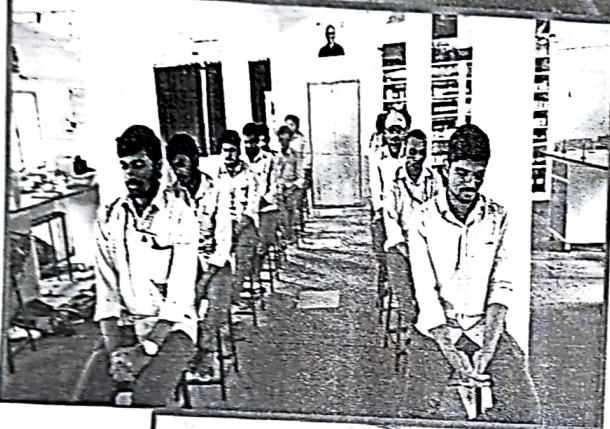
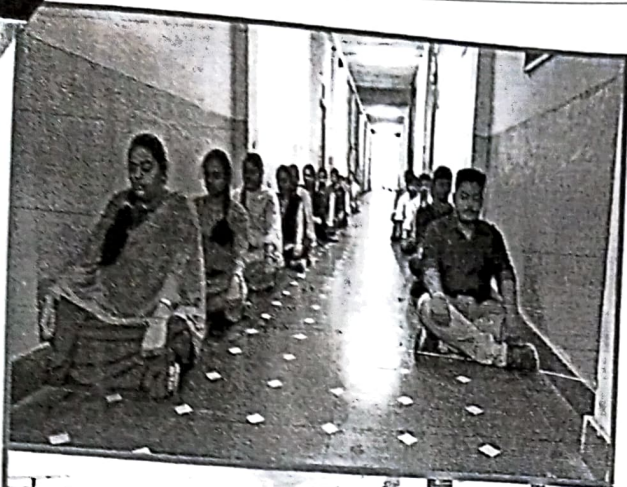
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S.No.	Regd No	Name of the Student
1	173117101001	ADIREDDY DHARANI
2	173117101002	ANGARA SWATHI
3	173117101003	BADURIYA UMESWARI
4	173117101004	BANDARU SRAVYA
5	173117101005	BANDARU SUPRIYA
6	173117101006	BOKKA GOWTHAMI
7	173117101007	BYREDDY NEELIMA
8	173117101008	CHAMA SAI RAM
9	173117101009	CHENNAM GOWRI TULASI
10	173117101010	DASARI NAVEEN KUMAR
11	173117101011	DEEPTHIMAHANATHI NAVYASRI BHAVANI
12	173117101012	GALLA NAVYA DURGA
13	173117101013	GATTI MURALI SATYA VIJAY CHARAN
14	173117101014	GHANTASALA PURNANANDAM
15	173117101015	GOLLAPALLI BHUVANA SAI BHARGAVI


*R. Krishna Rao*  
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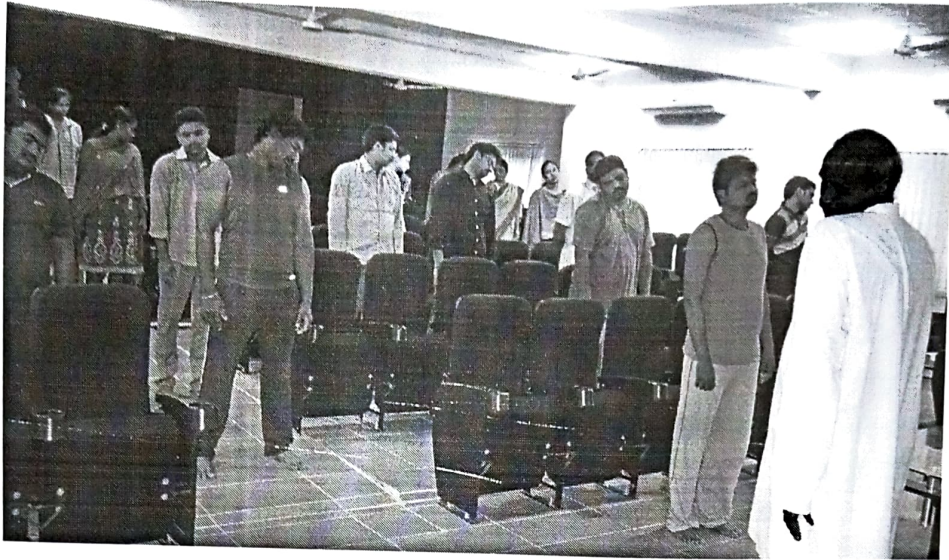
HOD BRLC

  
VICE-PRINCIPAL

  
PRINCIPAL

*S R Krishnam Raju*  
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3. Yoga Training Session for VISHNU Faculty on 07.11.2019 to 08.11.2019

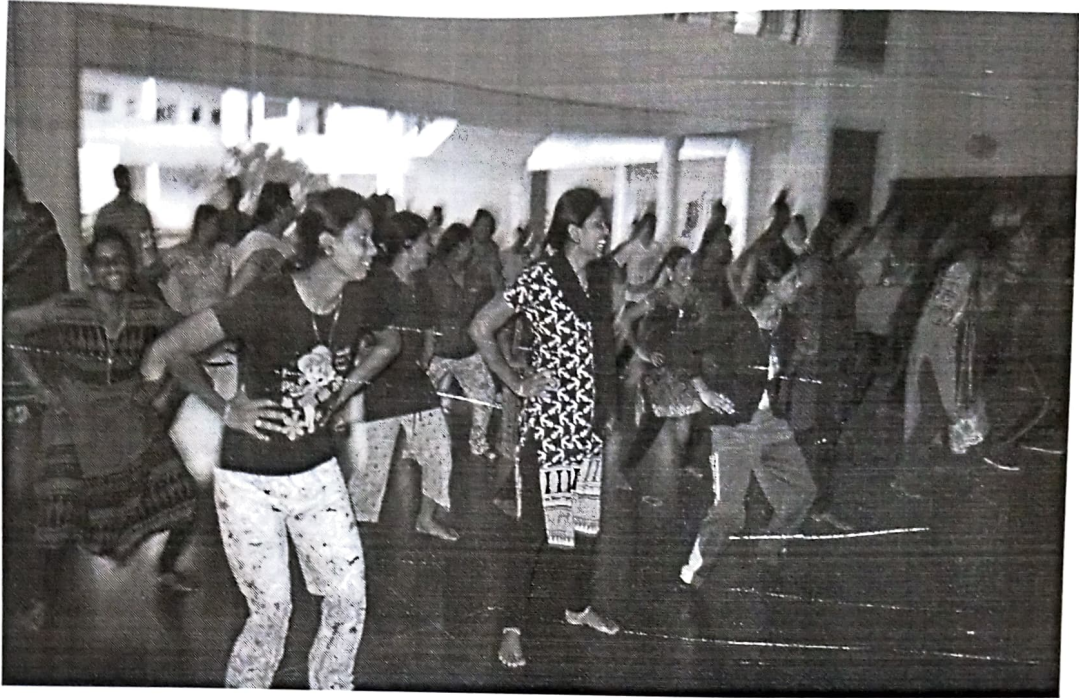


*S R Krishnam Raju*  
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† R. Govindaraj  
PRINCIPAL  
B.V. RAJU COLLEGE  
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4. Yoga Training Session for B V RAJU COLLEGE Students on 10.12.2020



*S R Kantham Rao*  
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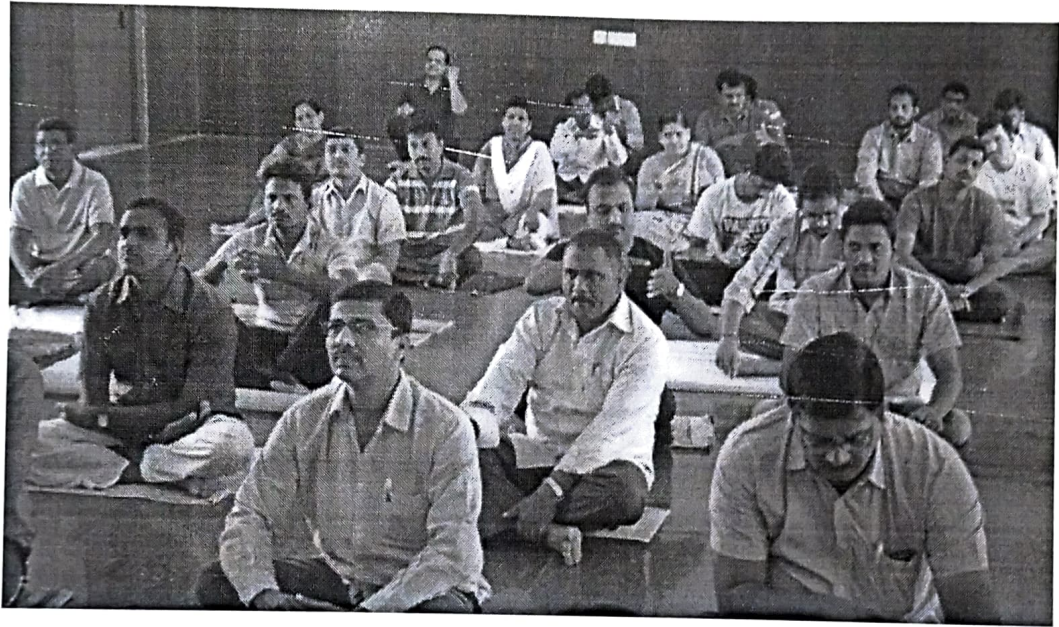
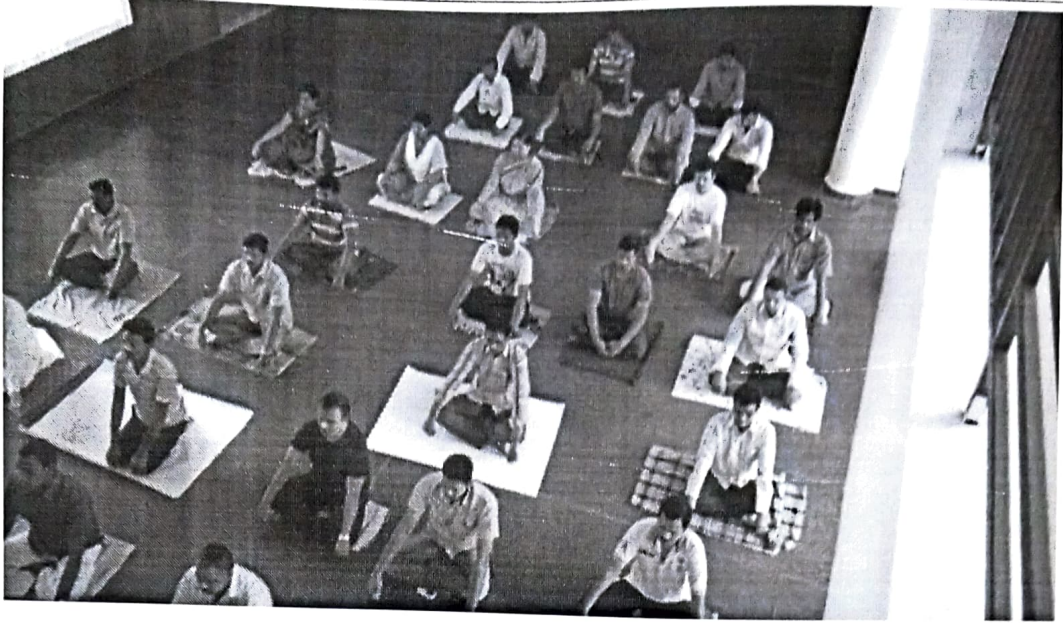
5. Yoga Training Session for Supporting Staff doing Meditation on 21.07.2021 and 22.07.2021



*R Krishnam Raju*

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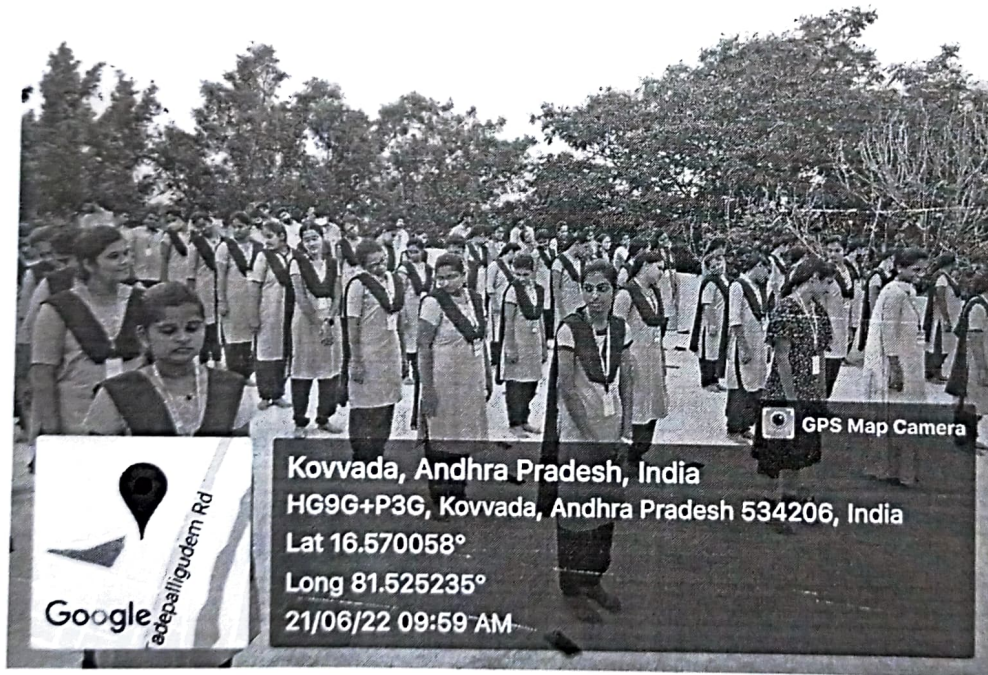
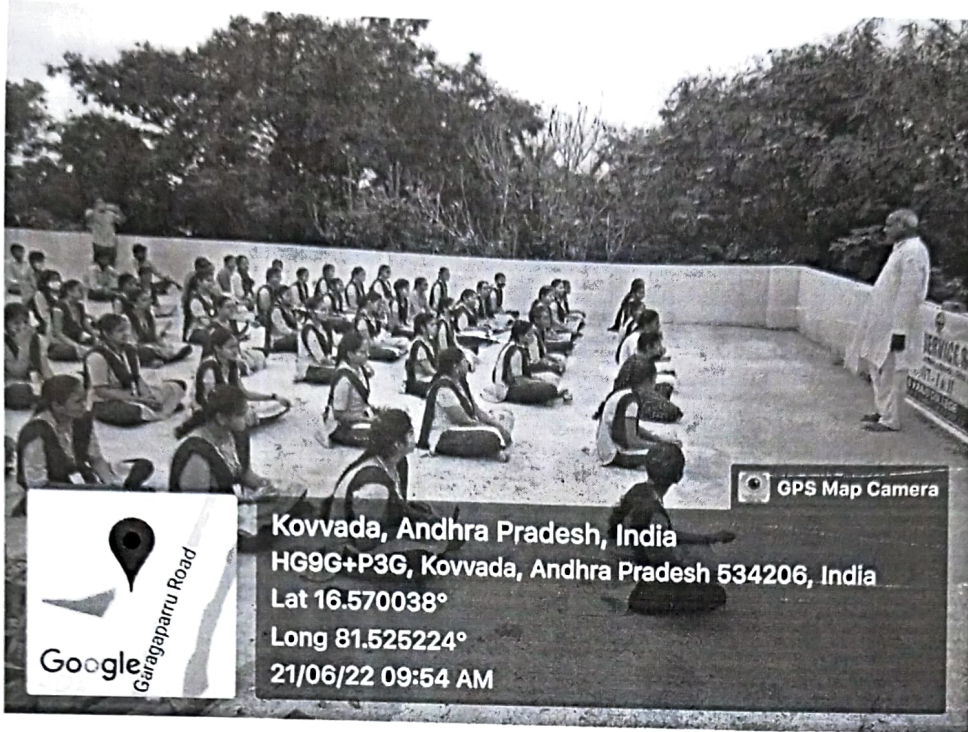
† R. Krishnam Raju

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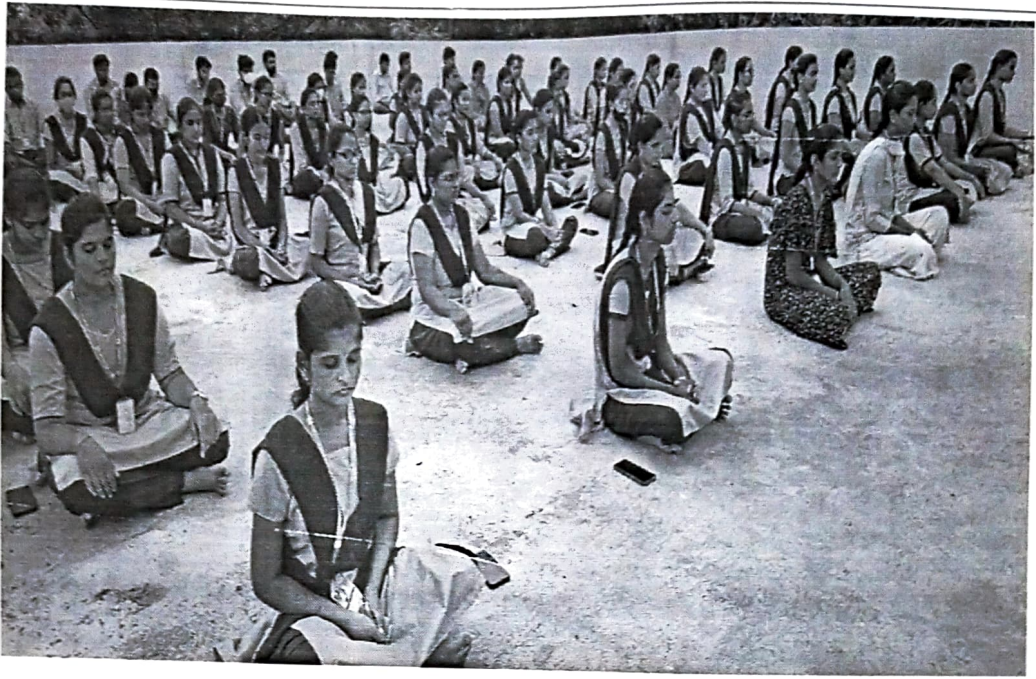
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6. Yoga Classes for Students held on 21.06.2022 at B V RAJU COLLEGE, Bhimavaram



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